

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)



B.A. HONOURS IN PSYCHOLOGY PROGRAMME
AS PER NEP 2020
(Effective from June-2026)

FACULTY OF ARTS
BHAKTA KAVI NARSINH MEHTA UNIVERSITY
KHADIYA-JUNAGADH-362263
website: <https://www.bknmu.edu.in>

BHAKTA KAVI NARSINH MEHTA UNIVERSITY - JUNAGADH
NEP 2020
CREDIT FRAMWORK FOR UNDERGRADUATE PROGRAMME
FACULTY: BACHELOR OF ARTS
APPLIED: JUNE 2023

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

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-7	1	Major-17	(PRACTICAL) Psychological Measurement (Testing) OR Clinical Assessment	6.0	4 (PER BATCH)	60	50	50	100	MORE THEN 5:00 Hrs
	2	Major-18	Modern Trends in Psychology	6.0	4	60	50	50	100	2:00 Hrs
	3	Major-19	Health Psychology	6.0	4	60	50	50	100	2:00 Hrs
	4	Minor-7	Industrial Psychology	6.0	4	60	50	50	100	2:00 Hrs
	5	On the Job Training (OJT) (for Honours Degree)	On the Job Training (OJT) (for Honours Degree) OR MDSC - 01 & MDRC – 01	6.0	6 (4 +2)					
				Total	22					

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Course Level	6.0	Internal Marks	0
Programme	B.A	External Marks	0
Semster	VII	Practical Internal	50
Category Of Course	MAJOR 17	Practical External	50
Course Credit	04 (Per Batch)	Prac. External Exam Duration	2:30 Hours
Teaching Hours	60	Total	100
Course Code		Exam Duration	MORE THEN 05 Hours
Course Title	PRACTICAL Psychological Measurement (Testing) OR Clinical Assessment		

Objectives of the Course

1. To develop skills in psychological testing and measurement.
2. To understand administration and scoring of psychological tests.
3. To assess adjustment, anxiety, intelligence, personality, and mental health.
4. To study job satisfaction, job involvement, and occupational stress.
5. To understand organizational behaviour and work psychology.
6. To learn psychometric principles and research methodology.
7. To assess psychological factors related to health and well-being.
8. To develop clinical observation and assessment skills.

Learning Outcomes

After completing this course, students will be able to:

1. Students acquire competency in administering psychological tests.
2. Students learn scoring, interpretation, and psychological report writing.
3. Students develop assessment skills in clinical, educational, health, and organizational settings.
4. Students gain understanding of personality, intelligence, and emotional behaviour.
5. Students develop research orientation and scientific thinking.
6. Students enhance professional psychological evaluation skills.
7. Students become capable of applying psychological knowledge in real-life situations.

Any Four Tests from the following are to be performed and reported in Journal:

1. Adjustment Inventory
2. Anxiety Inventory
3. M.R. Kotharis draw – a Flower
4. Intelligence Test
5. Job Satisfaction Scale
6. Job Involvement Scale
7. Occupational Stress Inventory
8. Mental Hygiene Inventory

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

9. Tests Related to Organizational Behavior
10. Tests Related to Psychometric and Research Methodology
11. Tests Related to Health Psychology

❖ **સંદર્ભ ગ્રંથો - References**

1. Garret,H.E (1951): Great Experiments in Psychology, New York: Appleton- Century Crafts, IncThird Edition
2. Kuppuswami, B. (1954) Elementary Experiments in Psychology, Madras: Oxford UniversityPress
3. Postman, Leo & Egan, James P. (1949) Experimental Psychology: An Introduction, N.Y: Harper& Row
4. Underwood, Benton, j. (1963): Experimental: An Introduction, Bombay, The Times of IndiaPress
5. Woodworth, Robert S. & Schlosberg, Harold (1971); Experimental Psychology, Calcutta:Oxford& IBH Publishing Co.
6. D' Amato, M.R: Experimental Psychology: Methodology, (1970): PsychoPhysicLearning,NewYork: McGraw Hill

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Programme/Class:	Year: Forth	Semester: Seventh
Subject: Psychology		
Course Code:	Course Title: Modern Trends in Psychology	
Course Credit: 4	Course Type: MAJOR-18	
Teaching Hours: 60 (Hours)	Total Marks: 100 (50+50)	
Teaching Methodology: Lecture & Demonstration		

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ?હા
2. Employability/Entrepreneurship/Skill Development પર કેન્દ્રિત થયેલ છે કે નહિ ?હા
3. Value added Courses Imparting Transferable and Life Skills ના ગુણો ધરાવે છે ?હા
4. Major ☒ Minor ☐ Skill Enhancement Courses ☐
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☒ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગ માટે વિષય અંતર્ગત આનુસંગિક જોગવાઈ કરાયેલ છે ?ના
7. New India Literacy Programme (NILP) મુજબનો વિષય છે ?ના
8. Swayam પ્લેટફોર્મ પરના MOOC વિષય પર આધારિત આ વિષય છે ?ના
9. ઇન્ડિયન નોલેજ સીસ્ટમ- IKS પર આધારિત વિષય છે ? હા

Course Objectives

The primary goals of this course are:

1. To provide a deep understanding of the psychological roots of contemporary social issues such as gender roles, poverty, and disability.
2. To explore the mentalities behind violence, war, and terrorism, while emphasizing the psychological processes of peacebuilding.
3. To introduce the concepts of Subjective Wellbeing and mindfulness as tools for holistic self-development.
4. To analyze the psychological interface between humans and technology, specifically regarding digital education and cyber-related challenges.

Course Outcomes (COs)

Upon successful completion of this course, students will be able to:

1. Identify and explain the psychological factors contributing to gender stereotypes, LGBTQ+ challenges, and the social stigma associated with poverty and disability.
2. Understand the psychological mechanisms of dehumanization and radicalization that lead to collective violence, war, and terrorism.
3. Formulate basic psychological approaches for peacebuilding and the mental health rehabilitation of communities affected by trauma and conflict.
4. Implement principles of mindfulness and various dimensions of self-growth to improve personal happiness and subjective wellbeing.
5. Critically assess the psychological impact of online learning and develop intervention strategies for cyberbullying and the effects of cyber pornography.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	સામાજિકમુદ્દાઓનુંમનોવિજ્ઞાન(Psychology of Social Issues) 1. પૂર્વભૂમિકા(Introduction) 2. જાતીય ભૂમિકા અને રૂઢિચુસ્તતા: વ્યાખ્યા-ખ્યાલ, પરંપરાગત વિરુદ્ધ આધુનિક ભૂમિકાઓ (Gender Roles and Stereotypes: Definition, Concept, Traditional vs. Modern Roles) 3. જાતીય ભેદભાવ: ક્ષેત્રો અને કારણો Gender Discrimination: Areas and Causes 4. LGBTQ+ ઓળખ: જાતીય અભિમુખતા અને લિંગ ઓળખ ના ખ્યાલો. (LGBTQ+ Identity: Concepts of Sexual Orientation and Gender Identity) 5. ગરીબી: અર્થ, કારણો અને પરિણામો. (Poverty: Meaning, Causes, and Consequences) 6. દિવ્યાંગતા ધરાવતી વ્યક્તિઓના મનોવૈજ્ઞાનિક પડકારો. (Psychological Challenges of Persons with Disabilities)	25% 15 Hours
Unit-2	હિંસા અને શાંતિ નું મનોવિજ્ઞાન (Psychology of Violence and Peace) 1. પૂર્વભૂમિકા(Introduction) 2. હિંસાનો ખ્યાલ અને કારણો (Concept and Causes of Violence) 3. શાંતિનિર્માણ: અહિંસાની મનોવૈજ્ઞાનિક પ્રક્રિયાઓ (Peacebuilding: Psychological Processes of Non-violence) 4. યુદ્ધનું મનોવિજ્ઞાન: યુદ્ધની સામૂહિક માનસિકતા, શત્રુની છબી અને અમાનવીયકરણ (Psychology of War: Collective Mindset of War, Enemy Image and Dehumanization) 5. આતંકવાદ: આતંકવાદ નામ નો વૈજ્ઞાનિક પરિબળો અને સામાજિક અસરો (Terrorism: Psychological Factors of Terrorism and Social Impacts) 6. યુદ્ધ અને આતંકવાદ થી પ્રભાવિત સમુદાયોનું મનોવૈજ્ઞાનિક પુનર્વસન. (Psychological Rehabilitation of Communities Affected by War and Terrorism)	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Unit-3	સુખાકારી અને સ્વ-વિકાસનું મનોવિજ્ઞાન Psychology of Wellbeing and Self-Growth 1. પૂર્વભૂમિકા (Introduction) 2. સુખાકારી: અર્થ અને વ્યાખ્યાઓ (Wellbeing: Meaning and Definitions) 3. વ્યક્તિલક્ષી સુખાકારી ના ઘટકો (Components of Subjective Wellbeing) 4. સુખના નિર્ધારકો: જૈવિક, સામાજિક અને મનોવૈજ્ઞાનિક પરિબલો. (Determinants of Happiness: Biological, Social, and Psychological Factors) 5. સ્વ-વિકાસના આયામો: શારીરિક, માનસિક, આવેગાત્મક અને સામાજિક વિકાસ. (Dimensions of Self-Growth: Physical, Mental, Emotional, and Social Development) 6. માઇન્ડફુલનેસ (સજાગતા) (Mindfulness)	25% 15 Hours
Unit-4	મનોવિજ્ઞાન અને ટેકનોલોજી Psychology and Technology Interface 1. પૂર્વભૂમિકા(Introduction) 2. ઓનલાઇન શિક્ષણનો પરિચય અને ડિજિટલ શિક્ષણના લાભો. (Introduction to Online Education and Benefits of Digital Learning) 3. ડિજિટલ શિક્ષણ નામ નો વૈજ્ઞાનિક પડકારો. (Psychological Challenges of Digital Education) 4. સાયબર બુલિંગ: વ્યાખ્યા અને પીડિત પર તેની અસરો. (Cyberbullying: Definition and Effects on the Victim) 5. સાયબર બુલિંગ નિવારણ અને હસ્તક્ષેપ. (Prevention and Intervention of Cyberbullying) 6. સાયબર પોર્નોગ્રાફીની મનોવૈજ્ઞાનિક અસરો. (Psychological Effects of Cyber Pornography)	25% 15 Hours
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 • Classroom quizzes and exams • Projects • Questionnaires • Interviews		

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Reference Books:

1. Baron, R. A., & Branscombe, N. R. (2017). *Social psychology* (14th ed.). Pearson Education.
2. Christie, D. J., Wagner, R. V., & Winter, D. D. (Eds.). (2001). *Peace, conflict, and violence: Peace psychology for the 21st century*. Prentice-Hall.
3. Compton, W. C., & Hoffman, E. (2019). *Positive psychology: The science of happiness and flourishing* (3rd Ed.). SAGE Publications.
4. Gackenbach, J. (Ed.). (2007). *Psychology and the internet: Intrapersonal, interpersonal, and transpersonal implications* (2nd Ed.). Academic Press.
5. Huppert, F. A., Baylis, N., & Keverne, B. (Eds.). (2005). *The science of well-being*. Oxford University Press.
6. Norman, K. L. (2017). *Cyberpsychology: An introduction to human-computer interaction* (2nd Ed.). Cambridge University Press.
7. सिंह, ए. के. (२०१७). उच्चतरसामाजिकमनोविज्ञान. मोतीलालबनारसीदास.
8. पाण्डेय, जे. (१९८८). मनोविज्ञानकेउभरतेक्षेत्र. हिमालयपब्लिशिंगहाउस.
9. अस्थाना, एच.एस. (२००४). सकारात्मकमनोविज्ञान. नीलकमलपब्लिकेशन्स.

Additional Online Resources:

1. American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th Ed.). <https://doi.org/10.1037/0000165-000>
2. World Health Organization. (2022). *World mental health report: Transforming mental health for all*. <https://www.who.int/publications/i/item/9789240049338>

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Course Level	6.0	Internal Marks	50
Programme	B.A	External Marks	50
Semster	VII	Practical Internal	0
Category Of Course	Major-19	Practical External	0
Course Credit	04	Prac. External Exam Duration	0
Teaching Hours	60	Total	100
Course Code		Exm Duration	02: 00 Hours
Course Title	Health psychology		

Course Objectives :

This Course Sound help students

1. Appreciate how individual behaviour is Influenced by health and cultural context.
2. Understand how social behaviour can be analysed in terms of health psychological Theories.
3. Realise how Health Psychological knowledge can be used in solving health problems.

Course Learning Outcomes : after completion Of the Course:

1. This paper will introduce students to health psychology.
2. It will provide an understanding of the importance of health.
3. They will gain knowledge about the internal structure of the body in relation to health.
4. They will gain an understanding of what should be done to stay healthy.
5. They will gain knowledge about health-related diseases and learn the measures to prevent and stay away from them.
6. They will face future challenges related to maintaining good health.

Sem	unit	Syllabus	Teaching Hours
7	1	Introduction to psychology સ્વાસ્થ્ય મનોવિજ્ઞાન પરિચય Introduction પ્રસ્તાવના Meaning and Definition of Health Psychology સ્વાસ્થ્ય મનોવિજ્ઞાન નો અર્થ અને વ્યાખ્યા Nature of Health Psychology સ્વાસ્થ્ય મનોવિજ્ઞાન નું સ્વરૂપ Development of Health Psychology. સ્વાસ્થ્ય મનોવિજ્ઞાન નો વિકાસ why it the field of health Psychology needed ? સ્વાસ્થ્ય મનોવિજ્ઞાનના ક્ષેત્રની જરૂર શા માટે પડે છે? Models of Health સ્વાસ્થ્યનામોડેલ્સ (પ્રતિમાનો) biopsychological Model જૈવ મનોસામાજિક મોડેલ (પ્રતિમાનો)	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

		Biomedical Model- જૈવ તબીબી મોડેલ (પ્રતિમાનો) psychocultural Model મનો સાંસ્કૃતિક મોડેલ (પ્રતિમાનો) health belief Model સ્વાસ્થ્ય માન્યતા મોડેલ (પ્રતિમાનો) Conclusion ઉપસંહાર	
2		The systems of the body and Health inhancing Behaviours શરીરના તંત્રો અને સ્વાસ્થ્ય સંવર્ધક વર્તન. Introduction - પ્રસ્તાવના. The Cardiovascular system રુધિરાભિસરણતંત્ર the Respiratory system શ્વસનતંત્ર Digestive system- પાચનતંત્ર Renal System મૂત્રઉત્સર્ગતંત્ર The Immune system- રોગપ્રતિકારકતંત્ર Conclusion ઉપસંહાર Health Enhancing Behaviour સ્વાસ્થ્યસંવર્ધકવર્તન -introduction. પ્રસ્તાવના Exercise કસરત Maintaining healthy diet - સ્વાસ્થ્યપ્રદભોજનનીજાળવણી Weight Control. વજનનુંનિયંત્રણ Eating Disorders ભોજનનાવિકારો Indian Views of Health health - સ્વાસ્થ્યઅંગેભારતીયદ્રષ્ટીબિંદુઓ Conclusion ઉપસંહાર	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

3	સ્વાસ્થ્ય હાનિકારક વર્તન અને સ્વાસ્થ્ય સંબંધિત રોગો. Health harmful behaviors and health related diseases Introduction. - પ્રસ્તાવના Alcoholism- મધપાન Smoking. ધુમ્રપાન Conclusion ઉપસંહાર Health related diseases સ્વાસ્થ્યસંબંધિતરોગો. introduction. પ્રસ્તાવના Heart disease- હૃદયરોગ Diabetes ડાયાબિટીસ hypertension લોહીનું ઊંચું દબાણ Stress - મનોભાર Conclusion ઉપસંહાર	15
4	Management of Chronic illness and Challenge for Future દીર્ઘકાલીન માંદગી નું વ્યવસ્થાપન અને ભવિષ્ય માટેના પડકારો Management of Chronic illness દીર્ઘકાલીન માંદગીનું વ્યવસ્થાપન Introduction. - પ્રસ્તાવના Quality of Life. જીવનની ગુણવત્તા Emotional Response to Chronic illness દીર્ઘકાલીન માંદગીનો આવેગકીય પ્રતિભાવ Copin with Chronic illness દીર્ઘકાલીન માંદગીને પહોંચી વળવું. Personal Issues in Chronic Disease. દીર્ઘકાલીન માંદગીની વ્યક્તિગત સમસ્યાઓ. Conclusion ઉપસંહાર Challenge of Future ભવિષ્ય માટેના પડકારો Introduction. પ્રસ્તાવિકા Health promotion. - સ્વાસ્થ્યસંવર્ધન Stress and Its Management. મનોભાર અને તેનું વ્યવસ્થાપન	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

		Future Trends ભવિષ્ય માટેના તરાહો	
		Conclusion ઉપસંહાર	

Reference:

- Brannon, L.& Feist J. (2007). Introduction to health psychology. New Delhi, India : Thomson, wadworth
- Dimatteo, M.R. & Martin, L.R. (2002) Health Psychology .New Delhi, India : Allyn & Bacon.
- Ogden (2000) Health Psychology A textbook. Philadelphia: open University press.
- Tylor, S.E. (2011) Health Psychology. New Delhi, India: Tata McGraw- Hill.
- David marks (2004) Health Psychology sage Publication.
- અરવિંદએસ. શાહ (ડૉ) (2010) સ્વાસ્થ્યમનોવિજ્ઞાન, પ્રથમ આવૃત્તિ, પાર્શ્વ પબ્લિકેશન અમદાવાદ.
- જમકુબેનએ.સોજીત્રા (ડૉ.) (2020) સ્વાસ્થ્યમનોવિજ્ઞાન, પ્રથમ આવૃત્તિ ગીરનાર પ્રકાશન, વિસાવદર.
- દિપક આર. શાહ (પ્રા.) અને અન્ય . સ્વાસ્થ્યમનોવિજ્ઞાન, પ્રથમ આવૃત્તિ (2012) સી. જમનાદાસની કંપની અમદાવાદ.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Course Level	6.0	Internal Marks	50
Programme	B.A	External Marks	50
Semster	VII	Practical Internal	0
Category Of Course	Minor-7	Practical External	0
Course Credit	04	Prac. External Exam Duration	0
Teaching Hours	60	Total	100
Course Code		Exm Duration	02 : 00 Hours
Course Title	Industrial Psychology		

Objectives of the Course

1. To introduce the basic concepts and scope of Industrial Psychology.
2. To understand the importance of individual differences in industrial and organizational settings.
3. To explain the concept of work productivity, fatigue and job satisfaction among employees.
4. To study the role of motivation and incentives in improving employee performance.
5. To understand the causes and effects of stress and burnout in the workplace.
6. To create awareness about mental health and counseling at the workplace.
7. To understand the role of Industrial Psychology in improving employee well-being and organizational efficiency.

Learning Outcomes

After completing this course, students will be able to:

1. Explain the meaning, nature and scope of Industrial Psychology.
2. Understand individual differences and their importance in industrial settings.
3. Analyze the factors affecting work productivity, fatigue and job satisfaction.
4. Identify different types of motivation and incentives used in organizations.
5. Understand the sources and types of stress and the stages of burnout.
6. Explain the importance of mental health and counseling in the workplace.
7. Suggest measures to improve employee morale, productivity and mental well-being.

SEM	Unit	Syllabus	Teaching Hours
7	1	એકમ- ૧ : વિષય પ્રવેશ અને વ્યક્તિગત ભિન્નતા Unit 1: Introduction to the Subject and Individual Differences 1. પ્રસ્તાવના - Introduction 2. ઔદ્યોગિક મનોવિજ્ઞાન નો અર્થ અને વ્યાખ્યા - Meaning and Definition of Industrial Psychology 3. ઔદ્યોગિક મનોવિજ્ઞાનનું ધ્યેય - Objectives of Industrial Psychology 4. ઉદ્યોગમાં મનોવિજ્ઞાન નું સ્થાન અને કાર્ય - Role and Functions of Psychology in Industry 5. ઔદ્યોગિક મનોવિજ્ઞાનનું દૃષ્ટિબિંદુ - Perspective of Industrial Psychology	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

	6. વ્યક્તિગત ભિન્નતા - Individual Differences 7. વ્યક્તિગત ભિન્નતાનો અર્થ - Meaning of Individual Differences 8. વ્યક્તિગત ભિન્નતા નું સ્વરૂપ - Nature of Individual Differences 9. ઔદ્યોગિક વ્યક્તિગત ભિન્નતા નું મહત્વ - Importance of Individual Differences in Industry 10. વ્યક્તિગત ભિન્નતા ઉપર તાલીમની અસર - Effect of Training on Individual Differences	
2	એકમ- ૨ : કાર્યઉત્પાદકતા, થાક અને કાર્યસંતોષ Unit 2: Work Productivity, Fatigue and Job Satisfaction 1. કાર્યઉત્પાદકતા નો અર્થ - Meaning of Work Productivity 2. થાક નો અર્થ અને થાક ના પાસા - Meaning and Aspects of Fatigue 3. યોગ્ય અને અયોગ્ય થાક - Proper and Improper Fatigue 4. થાક નું માપન - Measurement of Fatigue 5. કાર્ય સંતોષ એટલે શું? - What is Job Satisfaction? 6. કાર્યસંતોષ ને અસર કરતા પરિબલો - Factors Affecting Job Satisfaction 7. ઔદ્યોગિક જોમ કર્મચારીમાં જોમ કઈ રીતે વધારી શકાય? - How to Increase Industrial Morale among Employees?	15
3	એકમ- ૩ : કર્મચારી નું પ્રેરણ, પ્રલોભન, તણાવ અને બર્નઆઉટ Unit 3: Employee Motivation, Incentives, Stress and Burnout 1. પ્રસ્તાવના - Introduction 2. કાર્યપ્રેરણ - Work Motivation 3. પ્રલોભન એટલે શું? - What are Incentives? 4. પ્રલોભન ના પ્રકારો - Types of Incentives 5. તણાવ નો અર્થ - Meaning of Stress 6. તણાવ ના પ્રકારો - Types of Stress 7. તણાવ ના સ્ત્રોતો - Sources of Stress 8. બર્ન આઉટના તબક્કાઓ - Stages of Burnout 9. શારીરિક અને માનસિક અસર - Physical and Psychological Effects 10. કાર્યક્ષમતા પર અસર - Effect on Work Performance	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

		11. નિવારણ અને નિયંત્રણ - Prevention and Control	
	4	એકમ- ૪ : કાર્યસ્થળે માનસિક આરોગ્ય અને સલાહ Unit 4: Mental Health and Counseling at Workplace 1. પ્રસ્તાવના - Introduction 2. માનસિક આરોગ્ય નો અર્થ - Meaning of Mental Health 3. કાર્યસ્થળે માનસિક આરોગ્યને અસરકરતી પરિસ્થિતિઓ - Conditions Affecting Mental Health at Workplace 4. માનસિક આરોગ્ય અને ઉત્પાદકતા - Mental Health and Productivity 5. સલાહનો અર્થ અને મહત્વ/હેતુઓ - Meaning, Importance and Objectives of Counseling 6. કર્મચારી સહાયકાર્યક્રમ (Employee Assistance Program - EAP) - Employee Assistance Program (EAP) 7. કાર્યસ્થળે માનસિક આરોગ્ય - Mental Health at Workplace 8. પ્રોત્સાહન માટેના ઉપાયો - Measures for Promotion 9. ઔદ્યોગિક મનોવિજ્ઞાનની ભૂમિકા - Role of Industrial Psychology	15

❖ સંદર્ભગ્રંથો- References

- Blum, M. L., & Naylor, J. C.. (1968). Industrial psychology: Its theoretical and social foundations. Harper & Row.
- Gilmer, B. H.. (1971). Industrial psychology. McGraw-Hill.
- Robbins, S. P., & Judge, T. A.. (2017). Organizational behavior (17th ed.). Pearson Education.
- Arnold, J., Robertson, I. T., & Cooper, C. L.. (2012). Work psychology: Understanding human behaviour in the workplace (5th ed.). Pearson Education.
- Spector, P. E., (2012). Industrial and organizational psychology: Research and practice (6th ed.). John Wiley & Sons.
- Landy, F. J., & Conte, J. M.. (2016). Work in the 21st century: An introduction to industrial and organizational psychology (4th ed.). Wiley.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J.. (1986). Introduction to psychology (7th ed.). McGraw-Hill.
- Schein, E. H., (2010). Organizational culture and leadership (4th ed.). Jossey-Bass.
- ડુંમર, બી. કે. અનેબુચએમ. એન. (2021). ઉદ્યોગઅનેસંગઠનમાંમનોવિજ્ઞાન, આયુધપ્રકાશન, ભાવનગર
- ત્રિવેદી, એમ. બી., (2015). ઔદ્યોગિકમનોવિજ્ઞાન. અમદાવાદ: યુનિવર્સિટીગ્રંથનિર્માણબોર્ડ.
- પટેલ, આર. કે. (2012). સંગઠનાત્મકવર્તન. અમદાવાદ: યુનિવર્સિટીગ્રંથનિર્માણબોર્ડ.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

- દેસાઈ, કે. જી. (2014). મનોવિજ્ઞાનના મૂળભૂત સિદ્ધાંતો. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
- શાહ, જી. બી. (2010). સામાન્ય મનોવિજ્ઞાન. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
- જોશી, એસ. એચ. (2016). માનસિક આરોગ્ય. અમદાવાદ: યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

For Honours Degree OnJobTraining(OJT)
Credit-06 OR

MDSC-01&MDRC -01
Credit-04+02

Course Level	6.0	Internal Marks	50
Programme	B.A	External Marks	50
Semster	VII	Practical Internal	0
Category Of Course	MDSC -1	Practical External	0
Course Credit	04	Prac. External Exam Duration	0
Teaching Hours	60	Total	100
Course Code		Exm Duration	02: 00 Hours
Course Title	Mental Health and Indian Therapeutic Approaches		

Course Objectives

- To introduce the basic concepts of mental disorders.
- To develop an understanding of psychosis and its classification.
- To explain the principles and techniques of psychotherapy.
- To promote awareness of mental health and psychological well-being.
- To familiarize students with Indian therapeutic approaches, including Yoga and Water Therapy.

Course Outcomes (COs)

- After successful completion of the course, the students will be able to:
- CO-1: Explain the basic concepts of mental disorders.
- CO-2: Differentiate between normal and abnormal behaviour and identify major psychotic disorders.
- CO-3: Describe the principles and different approaches of psychotherapy.
- CO-4: Evaluate the importance of mental health and the factors affecting it.
- CO-5: Apply the basic principles of Yoga and Indian therapeutic approaches to promote mental well-being.

SEM	Unit	Syllabus	Teaching Hours
7	1	Unit-1: Introduction to Psycho-disease / મનોરોગનો પરિચય 1. Introduction / પરિચય 2. Definition of Psycho-disease / મનોરોગનો અર્થ અને વ્યાખ્યા 3. Scope of Psycho-disease / મનોરોગનું કાર્યક્ષેત્ર	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

		4. Difference between Normal and Abnormal Personality / સામાન્ય અને અસામાન્ય વ્યક્તિત્વ વચ્ચેનો તફાવત 5. Classification of Psychosis / મનોવિકૃતિનું વર્ગીકરણ 6. Schizophrenia / સ્કિઝોફ્રેનિયા	
2		એકમ – ૨ મનોચિકિત્સા : Unit – 2 : Psychotherapy 1. પ્રસ્તાવના – Introduction 2. મનોચિકિત્સાનો અર્થ અને વ્યાખ્યા – Definition of Psychotherapy 3. મનોચિકિત્સાના ઉદ્દેશો – Aims of Psychotherapy 4. મનોચિકિત્સાની પદ્ધતિઓ (ઉપાયો) – Psychotherapeutic Devices 5. વર્તન ચિકિત્સા જોસેફ વોલ્પે (– Behaviour Therapy (Joseph Wolpe) 6. અનિર્દેશાત્મક મનોચિકિત્સા (કાર્લ રોજર્સ) – Non-directive Psychotherapy (Carl Rogers)	15
3		એકમ – ૩ માનસિક : સ્વાસ્થ્ય Unit – 3 : Mental Health 1. પ્રસ્તાવના – Introduction 2. માનસિક સ્વાસ્થ્યને અસર કરતા પરિબલો – Factors Affecting Mental Health 3. માનસિક રીતે સ્વસ્થ વ્યક્તિની લાક્ષણિકતાઓ – Characteristics of a Mentally Healthy Person 4. માનસિક સ્વાસ્થ્યનું મહત્વ – Importance of Mental Health 5. માનસિક આરોગ્યના પ્રોત્સાહન માટેના ઉપાયો – Measures for Promoting Mental Health 6. માનસિક આરોગ્ય જાળવવામાં મનોવિજ્ઞાનીની ભૂમિકા – Role of Psychologists in Promoting Mental Health	15
4		એકમ – ૪ : ભારતીય ઉપચાર Unit 4: Indian Therapeutic Approaches	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

		1. યોગનો અર્થ અને વ્યાખ્યા – Meaning and Definition of Yoga 2. અષ્ટાંગ યોગના આઠ અંગો – Eight Limbs of Yoga (Ashtanga Yoga) 3. પ્રાણાયામ અર્થ અને પ્રકારો :- Pranayama: Meaning and Types 4. ધ્યાન અર્થ અને મહત્વ :- Meditation: Meaning and Importance 5. જળચિકિત્સા – Water Therapy 6. ભારતીય ઉપચાર પદ્ધતિઓનું માનસિક આરોગ્યમાં મહત્વ – Importance of Indian Therapeutic Approaches in Mental Health)	
--	--	---	--

References / સંદર્ભ ગ્રંથો

1. Barlow, D. H., & Durand, V. M. (2022). *Abnormal psychology: An integrative approach* (9th ed.). Cengage Learning.
 2. Carson, R. C., Butcher, J. N., Mineka, S., & Hooley, J. M. (2018). *Abnormal psychology* (17th ed.). Pearson.
 3. Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.
 4. Schultz, D. P., & Schultz, S. E. (2020). *Theories of personality* (11th ed.). Cengage Learning.
 5. Nevid, J. S., Rathus, S. A., & Greene, B. (2021). *Abnormal psychology in a changing world* (11th ed.). Pearson.
 6. American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.; DSM-5-TR). American Psychiatric Association Publishing.
 7. Iyengar, B. K. S. (2005). *Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom*. Rodale.
 8. Nagarathna, R., & Nagendra, H. R. (2004). *Yoga for promotion of positive health*. Swami Vivekananda Yoga Prakashana.
1. દેસાઈ, બી. એ. (2018). *અસામાન્ય મનોવિજ્ઞાન*. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
 2. પટેલ, એમ. એમ. (2019). *માનસિક આરોગ્ય*. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
 3. શાહ, બી. ડી. (2017). *મનોવિજ્ઞાનના સિદ્ધાંતો અને ઉપયોગો*. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.
 4. કુમ્મર, ભાવના કે. (2023). *રોગો અને ઉપચારનું મનોવિજ્ઞાન*. ભાવનગર: આયુધ પ્રકાશન.
 5. સ્વામી વિવેકાનંદ. (2016). *રાજયોગ*. રામકૃષ્ણ મઠ પ્રકાશન.
 6. પતંજલિ. (2015). *પતંજલિ યોગસૂત્ર* (ગુજરાતી અનુવાદ). નવભારત સાહિત્ય મંદિર.
 7. જોશી, એચ. આર. (2020). *યોગ અને માનસિક આરોગ્ય*. નવભારત સાહિત્ય મંદિર.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Course Level	6.0	Internal Marks	25
Programme	B.A	External Marks	25
Semester	VII	Practical Internal	0
Category Of Course	MDRC -1	Practical External	0
Course Credit	02	Practical External Exam Duration	0
Teaching Hours	30	Total	50
Course Code		Exam Duration	01: 00 Hours
Course Title	Mental Health and Counselling in School		

Course Objectives

- To introduce the concept of school mental health and counselling.
- To develop understanding of common mental health issues among school students.
- To familiarize students with basic research methods in school counselling.
- To develop skills for identifying students' counselling needs.
- To encourage research-based approaches for promoting school mental health.

Course Outcomes (COs)

- After successful completion of the course, the students will be able to:
- **CO-1:** Explain the concept of school mental health and counselling.
- **CO-2:** Identify common mental health problems among school students.
- **CO-3:** Apply basic research methods in school counselling.
- **CO-4:** Analyse counselling needs using simple research techniques.

Mental Health and Counselling in School શાળામાં માનસિક આરોગ્ય અને કાઉન્સેલિંગ

SEM	Unit	Syllabus	Teaching Hours
7	1	Unit-1 : School Mental Health and Counselling એકમ - ૧ : શાળા માનસિક આરોગ્ય અને કાઉન્સેલિંગ 1. Introduction to School Mental Health શાળા માનસિક આરોગ્યનો પરિચય 2. Meaning of School Mental Health શાળા માનસિક આરોગ્યનો અર્થ 3. Importance of School Mental Health શાળા માનસિક આરોગ્યનું મહત્વ 4. Meaning and Objectives of School Counselling શાળા કાઉન્સેલિંગનો અર્થ અને ઉદ્દેશ્યો	15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

		5. Role and Responsibilities of School Counsellor શાળા સલાહકારની ભૂમિકા અને જવાબદારીઓ 6. Common Mental Health Problems of School Students શાળાના વિદ્યાર્થીઓમાં જોવા મળતી સામાન્ય માનસિક સમસ્યાઓ 7. Promotion of Mental Health in Schools શાળામાં માનસિક આરોગ્યનું પ્રોત્સાહન	
	2	Unit-2 : Research in School Mental Health એકમ – ૨ : શાળામાનસિક આરોગ્યમાં સંશોધન 1. Introduction to Research સંશોધનનો પરિચય 2. Identification of School Mental Health Problems શાળાના વિદ્યાર્થીઓની માનસિક આરોગ્ય સંબંધિત સમસ્યાઓની ઓળખ 3. Case Study Method કેસ સ્ટડી પદ્ધતિ 4. Interview Method મુલાકાત પદ્ધતિ 5. Observation Method અવલોકન પદ્ધતિ 6. Analysis and Interpretation of Research Findings સંશોધન તારણોનું વિશ્લેષણ અને અર્થઘટન 7. Preparation and Presentation of Research Report સંશોધન અહેવાલની તૈયારી અને રજૂઆત	15

સંદર્ભ ગ્રંથો

1. Erford, B. T. (2020). *Transforming the School Counseling Profession* (5th ed.). Pearson.
2. American School Counselor Association. (2022). *The ASCA National Model* (4th ed.). ASCA.
3. Creswell, J. W., & Creswell, J. D. (2023). *Research Design* (6th ed.). Sage.
4. World Health Organization. (2022). *World Mental Health Report*. WHO.
5. કોઠારી, સી. આર. *સંશોધન પદ્ધતિશાસ્ત્ર*. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
6. પટેલ, એમ. એમ. *માનસિક આરોગ્ય*. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.
7. દેસાઈ, બી. એ. *કાઉન્સેલિંગ મનોવિજ્ઞાન*. યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITIES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

External Assessment by University for Major-17, 18, 19, Minor-07 & MDSC-1

Ques. No.	Particulars	From which Unit	Marks
1	Unit1: Question 1ORQuestion 1	1	10
2	Unit2: Question 2ORQuestion 2	2	10
3	Unit3: Question 3ORQuestion 3	3	10
4	Unit4: Question 4ORQuestion 4	4	10
5	Unit1 to4: Write short note (2 out of 4)	From Each Unit	10
		Total Marks	50

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

Internal Evaluation Scheme for Major-17, 18, 19, Minor-07 & MDSC-1		
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	Craftwork	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. Students should secure 18 Marks for passing internal Exam.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

INTERNAL EVALUATION SCHEME for 2 Credit Course MDRC-1		
NO	Particulars	Marks
1	Mid Semester Exam (Mandatory)	13
2	Class Test	03
3	Open book exam/test	03
4	Open note exam/test	03
5	Self-test/Online test	03
6	Essay/Article writing	03
7	Quizzes/Objective test	03
8	Class assignment	03
9	Home assignment	03
10	Reports Writing	03
11	Research/Dissertation	03
12	Case Studies	03
13	Viva/Oral exam	03
14	Group Discussion	03
15	Role Play	03
16	Paper presentation/Seminar	03
17	Language Lab work	03
18	Interview	03
19	Craft work	03
20	Co-curricular work	03
21	Field Assignment	03
22	Poster Presentation	03
23	Attendance	03
24	Project Work	03
	Total	25

Note: Sr.No.1 is mandatory. Select any Four from Sr.No.2 to 24. Each Contains three marks. Students should secure 09 Marks for passing in internal Exam.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of B.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- VII (HONOURS)

External Assessment by University MDSC-1

Ques. No.	Particulars	From Which Unit	Marks
1	Question 1 OR Question 1	Unit 1	10
2	Question 2 OR Question 2	Unit 2	10
3	Write Short Note (1 out of 2)	From Each Unit	05
	Total Marks		25