

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- VIII (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

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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-8	1	Major-20	PRACTICAL Psychological Measurement (Testing) OR Clinical Assessment - II	6.0	4 (PER BATCH)	60	50	50	100	MORE THEN 5:00 Hrs
	2	Major-21	Clinical Psychology	6.0	4	60	50	50	100	2:00 Hrs
	3	Major-22	Psychology of Counselling	6.0	4	60	50	50	100	2:00 Hrs
	4	Minor-8	Community Psychology	6.0	4	60	50	50	100	2:00 Hrs
	5	On the JobTraining (OJT) (for HonoursDegree)	OntheJobTraining (OJT) OR MDSC-02 & MDRC – 02	6.0	6 (4 +2)					
				Total	22					

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Course Level	6.0	Internal Marks	0
Programme	B.A.	External Marks	0
Semester	VIII	Practical Internal	50
Category Of Course	MAJOR 20	Practical External	50
Course Credit	04	Practical External Exam Duration	More than 05 Hours
Teaching Hours	60	Total	100
Course Code		Exm Duration	
Course Title	PRACTICAL Psychological Measurement (Testing) OR Clinical Assessment - II		

Objectives of the Course

1. To develop advanced skills in psychological assessment and testing.
2. To understand clinical evaluation and behavioural assessment techniques.
3. To assess personality, aptitude, emotional stability, and adjustment patterns.
4. To learn counselling and clinical observation skills.
5. To understand psychological diagnosis and case formulation.
6. To develop skills in interpretation and psychological reporting.
7. To understand applied psychology in clinical and community settings.

Learning Outcomes

After completing this course, students will be able to:

1. Conduct psychological assessment independently.
2. Apply clinical testing procedures effectively.
3. Interpret psychological test results scientifically.
4. Develop psychological case history and assessment reports.
5. Understand behavioural and emotional problems.
6. Apply psychological knowledge in counselling and clinical settings.
7. Demonstrate professional ethics in psychological assessment.

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

1. Personality Inventory Test
2. Self-Concept Scale
3. Depression Inventory
4. Emotional Intelligence Scale
5. Adjustment Rating Scale
6. Attitude Measurement Scale
7. Suicide Tendency
8. Clinical Case Study Method
9. Behaviour Rating Scale
10. Psychological Well-Being Scale
11. Counselling Assessment Techniques

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સંદર્ભગ્રંથો- References

- **Anastasi, Anne & Urbina, Susana (1997)** – *Psychological Testing*, New Delhi: Prentice Hall of India.
- **Kaplan, R.M. & Saccuzzo, D.P. (2018)** – *Psychological Testing: Principles, Applications and Issues*, Cengage Learning.
- **Singh, A.K. (2006)** – *Tests, Measurements and Research Methods in Behavioural Sciences*, New Delhi: Bharati Bhawan.
- **Mangal, S.K. (2012)** – *Statistics in Psychology and Education*, New Delhi: PHI Learning.
- **Beck, A.T., Steer, R.A. & Brown, G.K. (1996)** – *Manual for Beck Depression Inventory*, Psychological Corporation.
- **Goleman, Daniel (1995)** – *Emotional Intelligence*, New York: Bantam Books.
- **Corey, Gerald (2017)** – *Theory and Practice of Counseling and Psychotherapy*, Cengage Learning.
- **Rogers, Carl R. (1951)** – *Client-Centered Therapy*, Boston: Houghton Mifflin.
- **Ryff, Carol D. (1989)** – *Psychological Well-Being Scale Manual*, University of Wisconsin.
- **Freeman, Frank S. (1962)** – *Theory and Practice of Psychological Testing*, Oxford & IBH Publishing.

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Programme/Class:	Year: Forth	Semester: VIII
Subject: Psychology		
Course Code:	Course Title: Clinical Psychology	
Course Credit: 4	Course Type: MAJOR-21	
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 Course ☐
Ability Enhancement Courses ☐ Value Added Courses ☐ Exit/ Vocational Courses ☐
5. Holistic Education ☒ Multidisciplinary ☐ Interdisciplinary ☐
6. દિવ્યાંગમાટેવિષયઅંતર્ગતઆનુસંગિકજોગવાઈકરાયેલછે ?ના
7. New India Literacy Programme (NILP) મુજબનોવિષયછે ?ના
8. Swayam પ્લેટફોર્મપરના MOOC વિષયપરઆધારિતઆવિષયછે ?ના
9. ઇન્ડિયનનોલેજસીસ્ટમ- IKS પરઆધારિતવિષયછે ? હા

Course Objectives:

The primary objectives of this course are:

1. To introduce students to the nature, history, and scope of clinical psychology and its evolution as a specialized field.
2. To train students in the essential methods of clinical assessment, including case history taking, Mental Status Examination (MSE), and interviewing skills.
3. To provide an in-depth understanding of various neurotic, stress-related, personality, and behavioral disorders, including their symptoms and etiology.
4. To examine the impact of digital technology on mental health, focusing on cyber-psychology, digital addictions, and the use of Virtual Reality (VR) in therapy.
5. To sensitize students to the ethical and practical challenges in modern clinical practice and the future opportunities in the field.

Course Outcomes (COs)

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

1. Explain the historical development of clinical psychology and critically analyze the challenges faced by clinicians in the modern era.
2. Demonstrate the ability to conduct a structured clinical interview, perform a Mental Status Examination, and systematically record a detailed case history for diagnostic purposes.
3. Identify and differentiate between various disorders such as GAD, OCD, PTSD, and Personality Disorders based on their clinical symptoms and underlying causes.
4. Analyze the complexities of eating disorders, sleep disorders, and sexual dysfunctions, understanding the interplay between psychological and behavioral factors.

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5. Evaluate the role of modern technology in mental health, including the risks of digital addiction and the innovative applications of VR in treating phobias and trauma.
6. Formulate a professional perspective on the future of clinical practice, balancing technological advancements with ethical clinical responsibilities.

યુનિટ 1: ક્લિનિકલ સાયકોલોજી (ચિકીત્સા મનોવિજ્ઞાન)નો પરિચય અને ઇતિહાસ

Introduction and History of Clinical Psychology

1. પૂર્વભૂમિકા (Introduction)
2. ક્લિનિકલ સાયકોલોજી નું સ્વરૂપ (Nature of Clinical Psychology)
3. ક્લિનિકલ સાયકોલોજી નું કાર્યક્ષેત્ર (Scope of Clinical Psychology)
4. ક્લિનિકલ સાયકોલોજીનો ઐતિહાસિક વિકાસ (Historical Development of Clinical Psychology)
5. આધુનિક સમય માં ક્લિનિકલ સાયકોલોજીના પડકારો (Challenges of Clinical Psychology in Modern Times)
6. ભવિષ્યની ક્લિનિકલ પ્રેક્ટિસ: પડકારો અને તકો (Future of Clinical Practice: Challenges and Opportunities)

યુનિટ 2: નિદાનાત્મક મૂલ્યાંકન Diagnostic Assessment

1. પૂર્વભૂમિકા (Introduction)
2. નિદાનાત્મક મૂલ્યાંકનનો અર્થ અને પ્રક્રિયા (Meaning and Process of Diagnostic Assessment)
3. કેસ હિસ્ટ્રી ટેકિંગ ના સોપાન (Steps of Case History Taking)
4. મેન્ટલ સ્ટેટસ એક્ઝામિનેશન: ઘટકો અને પદ્ધતિ (Mental Status Examination (MSE): Components and Method)
5. ક્લિનિકલ ઇન્ટરવ્યુ: પ્રકારો અને કૌશલ્યો (Clinical Interview: Types and Skills)

યુનિટ 3: ન્યુરોટિક અને તણાવ સંબંધિત વિકૃતિઓ

Neurotic and Stress-Related Disorders

1. પૂર્વભૂમિકા (Introduction)
2. સામાન્યકૃત ચિંતાની વિકૃતિ: લક્ષણો અને કારણો (Generalized Anxiety Disorder (GAD): Symptoms and Causes)
3. પેનિક ડિસ ઓર્ડર અને એગોરા ફોબિયા (Panic Disorder and Agoraphobia)
4. ઓબ્સેશનલ કમ્પલ્સિવ ડિસ ઓર્ડર ની સમજ (Understanding Obsessive-Compulsive Disorder (OCD))
5. પોસ્ટ-ટ્રોમેટિક સ્ટ્રેસ ડિસ ઓર્ડર (Post-Traumatic Stress Disorder (PTSD))

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6. વર્ચ્યુઅલ રિયાલિટીનો ફોબિયા અને PTSD ની સારવાર માં ઉપયોગ (Use of Virtual Reality (VR) in treatment of Phobias and PTSD)

યુનિટ 4: વ્યક્તિત્વ, ડીઝીટલ વ્યસન સંબંધિત વર્તન વિકૃતિઓ

Personality, Digital Addiction related Behavioral Disorders

1. પૂર્વભૂમિકા(Introduction)
2. વ્યક્તિત્વની વિકૃતિઓ(Personality Disorders)
3. જાતીયવિકૃતિઓ અને પેરાફિલિયા(Sexual Dysfunctions and Paraphilias)
4. સાયબર-સાયકોલોજી: સોશિયલ મીડિયા અને માનસિક સ્વાસ્થ્ય (Cyber-Psychology: Social Media and Mental Health)
5. ઇન્ટરનેટગેમિંગ ડિસઓર્ડર અને ડિજિટલ એડિક્શન (Internet Gaming Disorder and Digital Addiction)

Reference Books

1. American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Arlington, VA.
2. Barlow, D. H., & Durand, V. M. (2018). *Abnormal Psychology: An Integrative Approach*. Cengage Learning.
3. Butcher, J. N., Hooley, J. M., & Mineka, S. (2017). *Abnormal Psychology*. Pearson Education.
4. Kring, A. M., Johnson, S. L., Davison, G. C., & Neale, J. M. (2016). *Abnormal Psychology: The Science and Treatment of Psychological Disorders*. Wiley.
5. Pomerantz, A. M. (2020). *Clinical Psychology: Science, Practice, and Diversity*. SAGE Publications.

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Programme/Class:	Year : Forth	Semester : EIGHT
Subject : Psychology		
Course Code:	Course Title: Psychology of counselling	
Course Credit : 4	Course Type : MAJOR-22	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

1. Course Outcomes દરેક વિષયની શરૂઆત માં 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. ઇન્ડિયનનોલેજસીસ્ટમ- IKS પર આધારિત વિષય છે ? હા

Course Objectives

The primary goals of this course are:

Course in **Psychology of Counseling** bridges foundational psychological theory with practical clinical skills. The exact objectives can vary depending on whether the course is undergraduate or postgraduate, but core learning objectives typically span major areas:

1. Differentiate Counseling Theories: Compare and contrast major therapeutic frameworks, including Psychodynamic, Cognitive-Behavioral (CBT), Humanistic/Person-Centered, and Systemic theories.
2. Master Micro-Skills: Demonstrate fundamental communication techniques, including active listening, paraphrasing, open-ended questioning, reflecting feelings, and summarizing.
3. Conduct Client Assessments: Perform basic intake interviews, gather psychosocial histories, and identify presenting problems.
4. Formulate Case Conceptualizations: Translate assessment data into a structured clinical understanding and design targeted treatment plans.
5. Apply Ethical Codes: Navigate professional legal and ethical guidelines, specifically regarding client confidentiality, informed consent, duty to warn, and dual relationships.

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6. Develop Multicultural Competence: Adapt counseling approaches to respect and accommodate diverse client backgrounds, including race, culture, gender, and socio-economic status.
7. Establish a Therapeutic Alliance: Learn how to build safety, trust, and rapport with clients using empathy and unconditional positive regard.
8. Engage in Self-Reflection: Identify personal biases, emotional triggers, and countertransference to maintain objective professionalism.
9. Understand Career Roles: Clarify the functional and legal boundaries separating counselors, clinical psychologists, social workers, and psychiatrists.

Course Outcomes (COs)

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

Select Appropriate Interventions: Choose and defend specific therapeutic techniques based on a client's unique psychological needs and theoretical fit.

1. Demonstrate Therapeutic Communication: Conduct a mock or supervised counseling session utilizing micro-skills like active listening, tracking, and reflecting.
2. Draft Intake and Assessment Reports: Write professional, concise psychosocial histories and initial client assessments.
3. Design Measurable Treatment Plans: Create structured intervention plans with clear, trackable goals and timelines for progress.
4. Resolve Ethical Dilemmas: Analyze complex clinical scenarios and apply professional codes of conduct to resolve ethical and legal issues correctly.
5. Adapt Practice to Diverse Populations: Modify counseling techniques effectively to match a client's cultural values, identity, and background.
6. Manage Countertransference: Monitor and regulate your own emotional responses to clients to prevent personal biases from interfering with therapy.
7. Recognize and Refer Critical Cases: Identify signs of severe psychopathology or crisis (such as self-harm) and safely refer the client to psychiatrists or specialized care.

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Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	સલાહનો પ્રારંભીક પરિચય Introduction to Counselling ૧) સલાહની વ્યાખ્યા ૨) સલાહના ક્ષેત્રો ૩) સલાહના પ્રકારો ૪) સલાહ અને મનોઉપચાર ૫) સલાહ ના ધ્યેયો 1) Definition of Counselling 2) Areas of Counselling 3) Types of Counselling 4) Counselling and Psychotherapy 5) Goals of Counselling	25% 15 Hours
Unit-2	સલાહના અભિગમો- સિદ્ધાંતો Counseling Approaches-Principles (૧) સલાહના અભિગમોનું વર્ગીકરણ ૨) મનોવિશ્લેષણ અભિગમ ૩) ભાવનાત્મક અભિગમ ૪) વાર્તાનનિક અભિગમ ૫) વિકાસાત્મક અભિગમ ૬) સલાહ સિદ્ધાંત (1) Classification of Counselling Approaches 2) Psychoanalytic Approach 3) Emotional Approach 4) Behavioral Approach 5) Developmental Approach 6) Counselling Theory	25% 15 Hours
Unit-3	સલાહ પ્રક્રિયા અને સલાહ સંબંધ Counseling Process and Counselling Relationship ૧) સલાહ પ્રક્રિયાના પગથીયા ૨) સલાહ પ્રક્રિયાને અસરકરતા પરિબલો ૩) સલાહ સંબંધની વ્યાખ્યા અને લક્ષણો ૪) સલાહ સંબંધના ઉચ્ચારાત્મક તબક્કા	25% 15 Hours

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	પ) સલાહ સંબંધના ઘડતરમાં સલાહકાર નામનો વલણો અને ગુણ લક્ષણો ક) સલાહ સંબંધના પરિમાણો ગ) સલાહ સંબંધનું મહત્વ 1) Steps of Counselling Process 2) Factors Affecting the Counselling Process 3) Definition and Characteristics of Counselling Relationship 4) Pronounced Stages of Counselling Relationship 5) Counsellor's Attitudes and Qualities in the Formation of a Counselling Relationship 6) Dimensions of the Counselling Relationship 7) Importance of the Counselling Relationship	
Unit-4	સલાહમાં મનોવૈજ્ઞાનિક કસોટીઓનું ઉપયોગ અને પદ્ધતિઓનો ઉપયોગ Use of Psychological Tests and Methods in Counseling ૧) મનોવૈજ્ઞાનિક કસોટી એટલે શું ૨) મનોવૈજ્ઞાનિક કસોટીના કાર્યો ૩) સલાહ કસોટીઓનું વર્ગીકરણ ૪) કસોટીઓની પસંદગી ૫) સલાહ પ્રક્રિયામાં કસોટીના પરિમાણોનો ઉપયોગ ૬) સલાહની વિવિધ ટેકનિકો અથવા પદ્ધતિઓ 1) What is a Psychological Test 2) Functions of Psychological Test 3) Classification of Counseling Tests 4) Selection of Tests 5) Use of Test Parameters in Counseling Process 6) Various Techniques or Methods of Counseling	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		

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Reference Books:

1. Theory and Practice of Counseling and Psychotherapy Gerald Corey
2. Counseling: A Comprehensive Profession Samuel T. Gladding
3. Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society Allen E. Ivey, Mary Bradford Ivey, and Carlos P. Zalaquett
4. The Skilled Helper: A Problem-Management and Opportunity-Development Approach to Helping Gerard Egan
5. Issues and Ethics in the Helping Professions Gerald Corey, Marianne Schneider Corey, and Cindy Corey
6. Counseling Psychology (4th Edition) Charles J. Gelso and Elizabeth Nutt Williams Focus: A definitive text published by the American
7. Counselling Psychology: A Textbook for Study and Practice David Murphy
8. Case Approach to Counseling and Psychotherapy Gerald Corey
9. Counseling the Culturally Diverse: Theory and Practice Derald Wing Sue and David Sue
10. On Becoming a Person Carl Rogers

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>

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Subject: PSYCHOLOGY
SEMESTER- VIII (HONOURS)

Programme/Class:	Year : Forth	Semester : VIII
Subject : Psychology		
Course Code:	Course Title: Community Psychology	
Course Credit : 4	Course Type : MINOR-08	
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 વિષયપરઆધારિતઆવિષયછે ?ના
9. ઇન્ડિયનનોલેજસીસ્ટમ- IKS પરઆધારિતવિષયછે ? હા

Course Objectives

The primary goals of this course are:

The primary goals of this Community Psychology course can be summarized across the following key areas:

1. Define and understand the nature, scope, fields, and utility of community psychology.
 - Conceptualize what a community is and distinguish between different types of communities.
 - Understand core community concepts: Empowerment and Sense of Community
 - Identify challenges in community research and foster community participation and collaboration in research decisions.
 - Primary Prevention: Prevent disorders before they occur, build mental resilience, identify environmental risk factors, provide life skills training, and raise public awareness.
 - Secondary Prevention: Detect early symptoms of mental distress, offer prompt/crisis intervention, run targeted screening for high-risk groups, and provide short-term therapy.
 - Tertiary Prevention: Reduce disability from chronic illness, facilitate social reintegration, offer vocational training, establish support groups, and monitor relapse prevention.
2. Challenge superstitions (e.g., spirit possession, bad karma), replace them with scientific understanding, and stop social discrimination.

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- Public Awareness: Normalize mental health discussions, utilize digital advocacy, promote media responsibility, and execute rural outreach through Panchayats.
- Maternal and Child Health: Train ASHA and Anganwadi workers, monitor perinatal mental health, and conduct developmental screening.
- Elderly Well-being: Address Empty Nest Syndrome, manage isolation, and implement intergenerational programs.
- Physical Disability: Design barrier-free infrastructure, promote inclusive education, and secure employment opportunities for PwDs.
- Intervention Types: Execute Community Development (local self-reliance), Social Advocacy (rights for marginalized groups; implementing the Mental Healthcare Act 2017), and Consultation (training gatekeepers like teachers and police).
- Local Governance: Utilize Gram Panchayats for de-addiction and women empowerment; utilize Urban Local Bodies for parks, community centers, and slum outreach.
- Systemic Support: Study the decentralization of services via the *National Mental Health Program (NMHP)* and the deployment of *Psychological First Aid (PFA)* by NGOs during crises.

Course Outcomes (COs)

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

1. Define and evaluate the nature, scope, utility, and distinct fields of community psychology across various types of communities.
2. Analyze and promote core community concepts, specifically Empowerment and Sense of Community
3. focused on resilience building, environmental risk factor identification, life skills training, and public awareness campaigns.
4. Manage Tertiary Prevention programs that prioritize long-term disability reduction, social reintegration, vocational training, support groups, and relapse prevention.
5. Indian context by replacing superstitions (e.g., "spirit possession") and "bad karma" myths with scientific understanding.
6. Target-Specific Community Health Management
7. Support maternal and child health by providing basic training to ASHA and Anganwadi workers, monitoring perinatal mental health, and screening for early developmental risks.
8. Deploy community interventions categorized by Community Development (self-reliance), Social Advocacy (legal rights and implementing the Mental Healthcare Act 2017)

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Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	Introduction To Community Psychology 1.1. Definition Of Community Psychology (સમુદાય મનોવિજ્ઞાનની વ્યાખ્યા) 1.2. What is a community (સમુદાય એટલે શું) 1.3. Nature Of Community Psychology (સમુદાયમનોવિજ્ઞાનનું સ્વરૂપ) 1.4. Field Of Community Psychology (સમુદાય મનોવિજ્ઞાન ના ક્ષેત્રો) 1.5. Utility of Community Psychology (સમુદાય મનોવિજ્ઞાન ની ઉપયોગીતા) 1.6.Types Of Deferent Community (વિવિધસમુદાયના પ્રકાર	25% 15 Hours
Unit-2	સમુદાય મનોવિજ્ઞાન ના સૈદ્ધાંતિક માળખાં ખ્યાલો) Theoretical Frameworks Core Concepts) 1. Bronfenbrenner's Ecological Model (પ્રોનિન બ્રેઇન ઇકોસિસ્ટમ મોડેલ) 2. James Kelly's Ecological Principles (જેમ્સકેલીના પારિસ્થિતિક સિક્કાંતો) 3. Concept of Empowerment (સશક્તિકરણ નો ખ્યાલ) 4. Sense of Community (સમુદાયની ભાવના)	25% 15 Hours
Unit-3	Health Promotion and Prevention સ્વાસ્થ્ય સંવર્ધન અને નિવારણ 3.1 Prevention Models (નિવારણના મોડેલો) 3.2 Mental Health in Indian Context (ભારતીય સંદર્ભ માં માનસિક સ્વાસ્થ્ય)	25% 15 Hours
Unit-4	Community Intervention and Institutions સામુદાયિક હસ્તક્ષેપ અને સંસ્થાઓ 4.1 Types of Intervention (હસ્તક્ષેપના પ્રકારો) 4.2 Community Development (સામુદાયિકવિકા)	25% 15 Hours

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	4.3 Role of Local Governance (સ્થાનિક શાસનની ભૂમિકા)	
	4.4 Government and NGOs (સરકાર અને સ્વૈચ્છિક સંસ્થાઓ)	
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		

Reference Books:

1. "Community Psychology: Linking Individuals and Communities"
 Authors: John Kloos, Jean Hill, Elizabeth Thomas, Andrew Case, Christopher B. Keys, and Bret Kloos.
 2. "Introduction to Community Psychology: Becoming an Agent of Change"
 Authors: Leonard A. Jason, Olya Glantsman, Jack F. O'Brien, and Kaitlyn N. Ramian (2019).
 3. "Community Psychology: Foundations for Practice"
 Authors: Victoria C. Scott and Susan M. Wolfe (2015).
 4. "The Ecology of Human Development: Experiments by Nature and Design" Author: Urie Bronfenbrenner (1979).
 5. "Being Ecological: An Expedition into Community Psychology"
 Author: James G. Kelly (2006).
- "International Community Psychology: History and Theories" Editors: Stephanie Reich, Manuel Riemer, Isaac Prilleltensky, and Maritza Montero (2007).

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>

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SEMESTER- VIII (HONOURS)

Programme/Class:	Year : Forth	Semester : VIII (Honours)
Subject : Psychology		
Course Code:	Course Title: Psychology of Well-being and Life Skills	
Course Credit : 4	Course Type : MDSC 2	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

Credits: 4

Course Objectives

After completing this course, the students will be able to:

1. To understand the concept, dimensions, and importance of sustainable well-being from a psychological perspective.
2. To develop essential life skills such as self-awareness, emotional intelligence, decision-making, problem-solving, and creative thinking.
3. To understand psychological well-being in educational, family, workplace, and community settings.
4. To explore contemporary issues affecting well-being, including mindfulness, resilience, gratitude, and digital well-being.
5. To apply psychological interventions and positive psychology principles for promoting mental health and sustainable well-being.
6. To encourage students to adopt healthy lifestyles, ethical values, and social responsibility for lifelong well-being.

Course Learning Outcomes (COs)

After successful completion of the course, the learner will be able to:

1. Explain the concepts, dimensions, and principles of sustainable well-being and positive mental health.
2. Demonstrate life skills such as self-awareness, emotional intelligence, decision-making, problem-solving, and creative thinking in real-life situations.
3. Analyze psychological well-being across educational, family, workplace, and community settings.
4. Evaluate the role of mindfulness, resilience, gratitude, and digital well-being in promoting mental health.
5. Design and apply evidence-based psychological interventions to enhance individual and community well-being.

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Course Detail

Modules	Content/ Topic	Weightage and Teaching Hours
Unit-1	Foundations of Sustainable Well-being (ટકાઉ સુખાકારીનો પાયો) 1.1 Meaning and Concept of Well-being (સુખાકારીનો અર્થ અને ખ્યાલ) 1.2 Dimensions of Well-being (સુખાકારીના પરિમાણો) 1.3 Positive Mental Health (હકારાત્મક માનસિક આરોગ્ય) 1.4 Sustainable Development and Psychology (ટકાઉ વિકાસ અને મનોવિજ્ઞાન) 1.5 Quality of Life (જીવનની ગુણવત્તા)	25% 15 Hours
Unit-2	Life Skills for Personal Growth (વ્યક્તિગત વિકાસ માટે જીવન કૌશલ્યો) 2.1 Meaning and Importance of Life Skills (જીવન કૌશલ્યોનો અર્થ અને મહત્વ) 2.2 Self-awareness (આત્મજાગૃતિ) 2.3 Emotional Intelligence (ભાવનાત્મક બુદ્ધિમત્તા) 2.4 Decision Making (નિર્ણય લેવાની ક્ષમતા) 2.5 Problem Solving (સમસ્યા નિરાકરણ) 2.6 Critical and Creative Thinking (વિવેચનાત્મક અને સર્જનાત્મક વિચારશક્તિ)	25% 15 Hours
Unit-3	Psychological Well-being in Different Settings (વિવિધ ક્ષેત્રોમાં માનસિક સુખાકારી) 3.1 Well-being at Workplace (કાર્યસ્થળ પર સુખાકારી) 3.2 School and College Well-being (શાળા અને કોલેજમાં સુખાકારી) 3.3 Family Well-being (કુટુંબમાં સુખાકારી) 3.4 Community Mental Health (સમુદાય માનસિક આરોગ્ય) 3.5 Stress Management (તણાવ વ્યવસ્થાપન)	25% 15 Hours

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Unit-4	Contemporary Issues and Interventions (સમકાલીન પ્રશ્નો અને હસ્તક્ષેપ) 4.1 Mindfulness (માઇન્ડફુલનેસ) 4.2 Resilience (પ્રતિસ્થાપકતા) 4.3 Happiness and Gratitude (સુખ અને કૃતજ્ઞતા) 4.4 Digital Well-being (ડિજિટલ સુખાકારી) 4.5 Psychological Interventions for Well-being (સુખાકારી માટેના મનોવૈજ્ઞાનિક હસ્તક્ષેપ)	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		

Reference Books:

1. Snyder, C. R., & Lopez, S. J. (2007). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. Sage Publications.
2. Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Free Press.
3. Lyubomirsky, S. (2008). *The How of Happiness*. Penguin Press.
4. Goleman, D. (1995). *Emotional Intelligence*. Bantam Books.
5. Langer, E. J. (1989). *Mindfulness*. Addison-Wesley.
6. World Health Organization. (2022). *World Mental Health Report: Transforming Mental Health for All*.
7. American Psychological Association. (2020). *Publication Manual of the American Psychological Association* (7th ed.).

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Course Level	6.0	Internal Marks	0
Programme	B.A	External Marks	0
Semester	VIII (HONOURS)	Practical Internal	25
Category Of Course	MDRC-2	Practical External	25
Course Credit	02	Practical External Exam Duration	2:30
Teaching Hours	30	Total	50
Course Code		Exam Duration	
Course Title	Field-Based Mini Research Project		

Objective

To provide students with hands-on experience in psychological case study, data collection, analysis, interpretation, and report writing by studying a real-life individual or issue from their community

Course Objectives

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

1. To understand the principles and process of conducting a field-based psychological case study.
2. To develop skills in identifying research problems and selecting appropriate cases from the community.
3. To acquire practical knowledge of psychological data collection techniques such as interview, observation, and questionnaire.
4. To develop the ability to analyze, interpret, and present psychological data scientifically.
5. To prepare a psychological case study report following APA-7 guidelines and research ethics.
6. To promote critical thinking, scientific attitude, ethical responsibility, and community engagement through field-based research.

Course Learning Outcomes (COs)

After successful completion of this course, the learner will be able to:

1. Identify and define a psychological problem suitable for field-based case study research.
2. Apply appropriate psychological research methods such as interview, observation, and questionnaire for data collection.
3. Analyze and interpret psychological data systematically while maintaining research ethics and confidentiality.
4. Prepare a field-based case study report in APA-7 format using scientific writing and proper documentation.
5. Present research findings effectively and propose evidence-based psychological suggestions for the selected case.

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વિદ્યાર્થી નીચેની કોઈપણ એક થીમ પસંદ કરી શકશે. આ વિષયો ઉપરાંત કોઈપણ થીમ પસંદ કરી શકશે.

(English)	ગુજરાતી
Academic Stress among College Students	કોલેજના વિદ્યાર્થીઓમાં શૈક્ષણિક તણાવ
Mobile Phone Addiction	મોબાઇલ ફોનનું વ્યસન
Test Anxiety	પરીક્ષા ભય
Career Decision Making	કારકિર્દી પસંદગી
Adjustment Problems among Adolescents	કિશોરોમાં સમાયોજનની સમસ્યાઓ
Family Conflict	પારિવારિક મતભેદો
Social Media Behaviour	સોશિયલ મીડિયાનો વર્તન પર પ્રભાવ
Work–Life Balance	કાર્ય અને જીવનનું સંતુલન
Psychological Well-being among Older Adults	વૃદ્ધોમાં માનસિક સુખાકારી
Sleep Habits and Academic Performance	ઊંઘની આદતો અને શૈક્ષણિક સિદ્ધિ
Time Management	સમય વ્યવસ્થાપન
Communication Skills	સંચાર કૌશલ્યો
Decision Making	નિર્ણય લેવાની ક્ષમતા
Self-esteem	આત્મસન્માન
Peer Pressure	સમવયસ્કોનું દબાણ

✓ Research Procedure (સંશોધનની પ્રક્રિયા)

વિદ્યાર્થી નીચેના પગલાં અનુસરશે:

- Selection of Case (કેસની પસંદગી)
- Identification of Problem (સમસ્યાની ઓળખ)
- Obtaining Informed Consent (સંમતિ મેળવવી)
- Collection of Information through Interview and Observation (મુલાકાત અને નિરીક્ષણ દ્વારા માહિતી એકત્રિત કરવી)
- Analysis and Interpretation (વિશ્લેષણ અને અર્થઘટન)
- Preparation of Report in APA-7 Format (APA-7 મુજબ અહેવાલ તૈયાર કરવો)
- Presentation and Viva-Voce (રજૂઆત અને મૌખિક પરીક્ષા)

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Assessment Pattern

MDRC – 2 Credits (Total Marks: 50)

Internal : 25 Marks

External : 25 Marks

Internal and External Assessment (25 & 25Marks)

Component	Marks
Case Study Selection and Research Proposal (કેસ સ્ટડીની પસંદગી અને સંશોધન પ્રસ્તાવ)	05
Data Collection (Interview/Observation/Questionnaire) (માહિતી એકત્રિકરણ)	05
Case Study Report Writing (APA-7 Format) (કેસ સ્ટડી રિપોર્ટ લેખન)	10
Viva-Voce / Presentation (મૌખિક રજૂઆત)	05
Total	25

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External Assessment by University for Major-20,21,22, Minor-08 & 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- VIII (HONOURS)

Internal Evaluation Scheme for Major- 20, 21, 22 Minor- 08 & MDSC- 02		
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.