

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)



M.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: MASTER OF ARTS

APPLIED: JUNE 2026

M.A. PSYCHOLOGY PROGRAMME (SEM. I)

AS PER NEP 2020

(Effective from June-2026)

PREAMBLE

Any postgraduate programme at a higher educational institution seeks to provide its students with an advanced foundation for professional expertise and the refinement of their character, which directly contributes to a country's healthcare and psychosocial well-being. All the programmes offered by Gujarat University are envisioned in accordance with its "motto," which is to encourage young people to be devoted and steadfast in their search for truth, empirical evidence, and clinical excellence. The Learning Outcomes based Curriculum Framework (LOCF) strives to cultivate postgraduate scholars for specialized, ethical, and compassionate clinical practice by fostering their advanced analytical, therapeutic, and humanistic abilities for both their individual professional growth and the mental health needs of society as a whole.

By making the courses flexible and giving students more specialized options, the LOCF approach aims to provide targeted, outcome-based syllabi at the postgraduate level. This objective arranges the teaching-learning, laboratory, and supervised clinical field experiences in a highly student-centric manner. The LOCF approach is utilized to enhance the collaborative relationship between professors and scholars as they engage in rigorous clinical training and discover their inner calling as mental health professionals. The emphasis of postgraduate programs on "preparing clinical minds" results in professionals with sophisticated intellectual faculties, diagnostic skills, therapeutic acumen, leadership qualities, and deep empathy for individuals experiencing psychological distress. Thus, the LOCF aspires to enhance students'

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advanced clinical competencies, research capabilities, and life skills, enabling them to lead fulfilling personal lives and meaningful professional careers.

Each specialized course vividly elaborates its clinical nature and guarantees the outcomes to be accomplished. The programme also explicitly states the professional attributes it offers to inculcate at the Master's level. A profound sense of social justice, mental health advocacy, and inclusivity are intertwined with ideals pertaining to patient well-being, emotional stability, critical diagnostic thinking, and ethical practice. In short, the M.A. Clinical Psychology programme equips students with the advanced skills required for professional clinical employment, sustainable mental health practices, and lifelong learning. Gujarat University hopes that this LOCF approach will motivate postgraduate students to transition from being passive consumers of psychological knowledge to becoming active, empathetic, and evidence-based knowledge-creators and practitioner-scholars.

PROGRAMME OUTCOMES (ALIGNED WITH NEP 2020)

Students of all undergraduate and postgraduate general degree programmes will demonstrate the following core competencies:

- **PO 1: Deep Understanding of Human Nature & Behavior:** Develop a holistic and multi-dimensional understanding of human nature, evolutionary tendencies, and psychological dynamics. Students will be able to appreciate the interconnectedness of biological, environmental, and socio cultural factors that shape individual and collective human experiences.
- **PO 2: Critical Thinking & Analytical Reasoning (NEP 2020 Core):** Identify, evaluate, and challenge the underlying assumptions that frame our intellectual, organizational, and personal thinking. Students will assess the validity of information, recognize cognitive biases or fallacies, and view complex decisions from multiple alternative perspectives before taking informed actions.

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Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
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Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

- **PO 3: Effective & Digital Communication Skills:** Listen actively and communicate ideas, thoughts, and technical concepts clearly and persuasively. Faculty is achieved in person and through modern electronic/digital media in both English and at least one Indian language (promoting Multilingualism as mandated by NEP 2020), enabling students to bridge connections across people, media, and technology.
- **PO 4: Social Interaction & Collaborative Leadership:** Elicit, respect, and value diverse viewpoints in group settings. Students will possess the ability to facilitate healthy social dialogue, mediate interpersonal or ideological disagreements, navigate group dynamics, and lead collaborative teams toward shared strategic goals.
- **PO 5: Empathetic Citizenship & Social Responsibility:** Demonstrate empathetic social concern and a deep commitment to equity-centered national development. Students will act with an informed awareness of contemporary socio cultural issues, engage constructively in civic life, and actively contribute to community uplifting through systematic volunteering.
- **PO 6: Ethics, Values, and Constitutional Morality:** Recognize and respect different value systems, including their own. Students will deeply understand the ethical and moral dimensions of their professional and personal decisions, accept absolute accountability for their actions, and align their conduct with universal human values and constitutional principles.
- **PO 7: Environmental Consciousness & Sustainability:** Comprehend local and global environmental contexts, ecological crises, and the urgent need for sustainable development. Students will integrate green thinking and eco-friendly choices into their personal and professional lifestyles to support long-term planetary well-being.
- **PO 8: Self-Directed and Life-Long Learning:** Acquire the autonomous capacity to engage in independent, self-paced, and lifelong learning. Students will adapt resilience in the face of rapid socio-technological changes, continuously updating their knowledge base and competencies in an ever-evolving global landscape.
- **PO 9: Professional & Therapeutic Communication** Speak, read, write, and listen with high proficiency, empathy, and clarity in professional clinical settings, academic forums, and through

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Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

digital/electronic health media. Students will be able to communicate complex psychological concepts, case formulations, and prognosis report summaries effectively.

PROGRAM SPECIFIC OUTCOMES (PSOs) M.A. IN PSYCHOLOGY:

On successful completion of the M.A. in Psychology, postgraduate scholars will be able to demonstrate the following domain-specific professional attributes:

PSO 1: Advanced Disciplinary Knowledge & Foundational Mastery Demonstrate a comprehensive, state-of-the-art understanding of major psychological concepts, theoretical frameworks, historical trends, and empirical findings. Students will be well-versed in advanced research methodology, psychometrics, and established ethical standards governing psychological practice.

PSO 2: Theoretical Synthesis & Multi-Perspective Integration Explain, compare, and critically evaluate the major core perspectives of psychology (including biological, neuroscientific, cognitive, behavioural, psychodynamic, social, cultural, and indigenous psychology traditions), identifying how they interact to explain human functioning.

PSO 3: Advanced Cognitive Processing & Evidence-Based Evaluation Apply sophisticated critical thinking to evaluate the quality of psychological literature, isolate logical fallacies, formulate sound hypotheses, and draw robust connections between empirical observations, field data, and psychological theories.

PSO 4: Laboratory Rigor, Experimental Design & Applied Research Utilize advanced laboratory equipment, psychological testing software, and classroom field experiences to design and execute psychological experiments. This prepares students for highly specialized research positions or seamless entry into doctoral (Ph.D.) programs and clinical fellowships.

PSO 5: Holistic Diagnostics & Applied Psychosocial Interventions Combine cutting-edge empirical information with usable therapeutic techniques and practical experiences. This equips

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SEMESTER- I (HONOURS)

scholars to professionally assess and support individuals who require assistance in mastering their mental capacities, emotional resilience, and cognitive abilities.

PSO 6: Addressing Societal and Contemporary Cognitive Issues Examine and intervene in the application of psychological principles across diverse socio-cultural, behavioral, and public health domains, thereby creating innovative, evidence-based solutions for contemporary real-world problems facing human communities.

PSO 7: Professional Skill Application, Self-Regulation & Team Dynamics Translate psychological content into high-level professional work while demonstrating impeccable emotional intelligence, self-regulation, and stress management. Students will exhibit refined project management skills, collaborative teamwork capabilities, and a clear vision for their personal life direction.

PSO 8: Career Readiness & Multidisciplinary Employment Trajectories

Cultivate a versatile portfolio of professional skills that opens diverse career paths aligned with NEP 2020's cross-functional job readiness. Students will be professionally equipped to excel in the following roles:

- *Mental Health & Wellbeing:* Behavioural Counsellor's
- *Corporate & Industry:* Human Resource (HR) Managers and Public Relations Representatives.
- *Academia & Governance:* College Instructors, Higher Education Researchers, and Health/Social Project Coordinators.

PSO 9: Clinical Intervention & Social Interaction Elicit views and deep-seated narratives of clients and stakeholders with utmost sensitivity. Students will be equipped to facilitate therapeutic group dynamics, mediate interpersonal conflicts, manage crisis situations, and collaborate effectively within multidisciplinary mental health teams (including social workers, and educators) to reach comprehensive treatment goals.

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Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

PSO 10: Empathetic Citizenship & Mental Health Advocacy Demonstrate deep social concern and equity-centered national development by advocating for mental health awareness and reducing the social stigma surrounding mental illness. Act with an informed awareness of public health policies and actively participate in civic life and community outreach through volunteering, crisis intervention, and mental health camps.

PSO 11: Clinical Ethics & Professional Responsibility Recognize, respect, and adhere to strict ethical codes of psychological and clinical practice (e.g., confidentiality, informed consent, boundaries of competence). Students will thoroughly understand the moral and legal dimensions of their clinical decisions, accept absolute accountability for their professional practices, and remain mindful of their own personal values and biases.

PSO 12: Environment, Culture, and Mental Health Sustainability Understand the profound impact of environmental contexts, urbanization, socio-economic disparities, and climate change on psychological well-being. Students will apply sustainable models of mental healthcare that utilize community resources and foster psychological resilience across diverse populations.

PSO 13: Self-Directed Research & Life-Long Learning Acquire the autonomous capability to engage in independent research, advanced psychometric testing, and life-long learning. Students will adapt continuously to rapid socio-technological changes, evolving psychiatric classifications (like DSM/ICD updates), and emerging evidence-based psychotherapies, ensuring ongoing professional development.

PSO 14: Advanced Psychopathology & Clinical Formulation Demonstrate a comprehensive understanding of complex mental disorders across the lifespan. Students will possess the ability to integrate clinical interviews, behavioral observations, and history-taking to develop sophisticated, individualized case formulations based on contemporary diagnostic systems (such as the DSM and ICD).

PSO 15: Specialized Psychometric Assessment & Diagnostics Exhibit mastery in selecting, administering, scoring, and interpreting a wide range of specialized psychological tests,

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Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

including advanced personality inventories, cognitive and neuropsychological batteries, and diagnostic rating scales, while ensuring scientific objectivity and validity.

PSO 16: Evidence-Based Psychotherapeutic Interventions Design, implement, and evaluate tailored psychotherapeutic intervention plans utilizing evidence-based modalities (such as Cognitive Behavioral Therapy, Humanistic therapies, and mindfulness-based interventions) to address diverse psychological distresses and clinical conditions.

PSO 17: Quantitative and Qualitative Research Acumen Design and execute robust empirical research in clinical psychology using advanced quantitative statistical methods or qualitative phenomenological approaches, thereby contributing original insights to the existing body of mental health literature.

PSO 18: Neuropsychological Awareness & Biological Bases of Behavior Correlate structure-function relationships of the human brain with behavioral, emotional, and cognitive manifestations, enabling effective communication with medical professionals and better management of neurodevelopmental and neurodegenerative conditions.

PSO 19: Psychopharmacological Orientation Understand the basic classifications, mechanisms of action, and side effects of commonly prescribed psychotropic medications, facilitating seamless collaboration with psychiatrists and monitoring holistic client progress

PSO 20: Community Mental Health & Preventive Programming Formulate, execute, and evaluate preventive and promotive mental health programs at the grassroots level, focusing on building psychological resilience and addressing systemic psychosocial challenges within local communities.

PSO 21: Clinical Documentation & Report Writing: Draft precise, objective, and professionally sound clinical case reports, referral letters, and psychological profiles that strictly meet legal, academic, and hospital administration standards.

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SEMESTER- I (HONOURS)

PSO 22: Reflective Practice & Self-Care Competence Engage in continuous self-reflection to identify personal biases, emotional triggers, and counter transference in therapy. Students will cultivate personal self-care strategies to prevent professional burnout and compassion fatigue.

PSO 23: Child, Adolescent, and Family-Centric Interventions Apply specialized developmental theories to assess and treat emotional and behavioral disorders in children and adolescents, while effectively engaging parents and families in the therapeutic process.

PSO 24: Geriatric Mental Health Care Address the specific psychological, cognitive, and emotional needs of the aging population, designing interventions that promote well-being, dignity, and cognitive maintenance in late adulthood.

PSO 25: Organizational Leadership & Mental Health Management Demonstrate leadership skills necessary to manage mental health clinics, NGOs, or rehabilitation centers, including basic skills in project management, human resource coordination, and policy alignment.

PSO 26: Rehabilitative and Psycho-social Support Design comprehensive rehabilitation programs for individuals suffering from chronic, severe mental illnesses and substance use disorders, aiming for their social re-integration and vocational independence.

PSO 27: Inter-professional Collaboration & Consultation Work seamlessly as a mental health expert within liaison-psychology settings, collaborating effectively with medical specialists to provide holistic psychosomatic care.

PSO 28: Mental Health Advocacy and Policy Formulations Critically analyze national and international mental health policies, and actively participate in advocacy efforts to influence systemic reforms, funding, and rights-based approaches for individuals with psychiatric conditions.

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SEMESTER- I (HONOURS)

COURSE STRUCTURE OF
New Course Titles for Regular Students
With Effective from: Academic Year – 2026-27

M.A.SEMESTER I								
Sr. No	Course Category	Course Title	Course Credits			Exam Marks		
			Theory	Practical	Total	IM	EM	Total
1	DSC- 01	Experimental Psychology (Theory)	4	0	4	30	70	100
2	DSC- 02	Psychological Research Methods	4	0	4	30	70	100
3	DSC- 03	Psychology Practicum	0	4	4	30	70	100
4	DSE- 01	Human Neuro Psychology-I	4	0	4	30	70	100
5	DSE- 02	Psychology of Adolescence	4	0	4	30	70	100
6	SEC-01	Applied Psychological Skills	2	0	2	15	35	50
Total Credits					22			

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SEMESTER- I (HONOURS)

M. A. Psychology Semester-I

COURSE LEVEL	6	INTERNAL MARKS	30
PROGRAMME	M.A	EXTERNAL MARKS	70
SEMESTER	01	PRACTICAL INTERNAL	--
CATEGORY OF COURSE	DSC- 01	PRACTICAL EXTERNAL	--
COURSE CRADIT	4	PRAC.EXTERNAL EXAM DURATION	---
TEACHING HOURS	60	TOTAL	100
COURSE CODE	--	EXAM DURATION	2.30 HOURS
COURSE TITAL	EXPERIMENTAL PSYCHOLOGY (THEORY)		
TEACHING METHOD	LECTURE AND DEMONSTRATION		

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ? હા
2. Employability/Entrepreneurship/Skill Development પરકેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skillsના 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

PO/CO (Programme/Course Outcomes)

After completion of the course, students will be able to:

1. Explain the meaning, nature, and scope of experimental psychology.
2. Understand scientific methods used to study behavior and mental processes.
3. Differentiate between experimental and non-experimental research methods.
4. Conduct basic psychological experiments using instruments and laboratory methods.
5. Apply APA ethical guidelines in psychological research involving humans and animals.

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Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

6. Understand concepts of learning, transfer of learning, and conditioning.
7. Describe attention, its characteristics, types, and influencing factors.
8. Analyze and interpret experimental data and prepare research reports.
9. Utilize psychology-related information sources for academic research.
10. Develop practical skills in observation, experimentation, and psychological analysis.

PSO (Programme Specific Outcomes)

1. Gain knowledge of experimental psychology and its scope in behavioral sciences.
2. Understand various experimental designs and laboratory techniques used in psychology.
3. Analyze factors influencing attention, learning, conditioning, memory, and perception.
4. Conduct psychological experiments and prepare scientific research reports.
5. Apply transfer of learning concepts in educational and practical settings.
6. Use APA guidelines for ethical conduct and report writing in psychology research.
7. Understand the strengths and limitations of experimental methods in psychology.
8. Develop skills in observation, data interpretation, and behavioral analysis.

LO (Learning Outcomes)

Students will be able to:

1. Identify the basic concepts and principles of experimental psychology.
2. Demonstrate knowledge of psychological experimentation techniques.
3. Conduct simple experiments related to attention, learning, and conditioning.
4. Record, analyze, and interpret behavioral data accurately.
5. Develop research-oriented thinking and scientific attitudes.
6. Improve observation and critical evaluation skills.
7. Apply ethical standards in psychological investigations.
8. Communicate experimental findings effectively in written and oral forms.
9. Understand behavioral responses through practical experimentation.
10. Enhance independent learning and inquiry-based research skills.

Value-Based Education

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Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

1. Develop respect for ethical values in psychological research and practice.
2. Promote honesty, integrity, and responsibility in experimentation and report writing.
3. Encourage empathy and sensitivity toward human and animal subjects.
4. Build scientific temperament and rational thinking.
5. Foster discipline, patience, and accuracy during laboratory work.
6. Encourage teamwork and cooperation in conducting experiments.
7. Promote social responsibility through the application of psychology in daily life.
8. Develop respect for diversity in human behavior and individual differences.
9. Encourage lifelong learning and professional ethics in psychology.
10. Strengthen moral and human values while studying behavior and mental processes

Details of Modules

Modules	Content/ Topic	Weightage and Teaching Hours
Unit: 1	પ્રાયોગિક મનોવિજ્ઞાન: ખ્યાલો અને પદ્ધતિઓ (Experimental Psychology: Concepts and Methods) • પ્રાયોગિક મનોવિજ્ઞાનની પ્રસ્તાવના અને સંક્ષિપ્ત ઇતિહાસ (Introduction and Brief History Of Experimental Psychology) • પ્રાયોગિક મનોવિજ્ઞાનનો અર્થ, અભિગમ અને લાક્ષણિકતાઓ (Meaning, Approach, Characteristics of Experimental Psychology) • પ્રાયોગિક મનોવિજ્ઞાનની તકો/લાભો અને ગેરફાયદા/મર્યાદાઓ (Opportunities and losses of Experimental Psychology) • પ્રયોગોના પ્રકારો (Types of Experiments) • પ્રાયોગિક મનોવિજ્ઞાનનું સ્વરૂપ અને પ્રકારો (Nature and Kinds of Experimental Psychology) • પ્રાયોગિક મનોવિજ્ઞાનનું કાર્યક્ષેત્ર (Scope of Experimental Psychology) • પ્રાયોગિક મનોવિજ્ઞાનના સૈદ્ધાંતિક અભિગમો અને મહત્વ (Theoretical Approaches and Importance of Experimental Psychology) • પ્રાયોગિક પદ્ધતિનો અર્થ (Meaning of Experimental Method)	25% 15 Hours

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Faculty of HUMANITES AND SOCIAL SCIENCE
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SEMESTER- I (HONOURS)

	- મનોવૈજ્ઞાનિક પ્રયોગોના પ્રકારો (Types of Psychological Experiments) - મનોવૈજ્ઞાનિક પ્રયોગના સોપાનો/તબક્કાઓ (Steps of Psychological Experimental) - પ્રાયોગિક પદ્ધતિના ગુણ અને દોષ (ફાયદા અને ગેરફાયદા) (Merits and Demerits of Experimental Method) - મનોવૈજ્ઞાનિક પ્રયોગમાં નિયંત્રણ (Control in Psychological Experimental) - પ્રાયોગિક જોખમો (Experimental Hazards) - સિંગલ વિરુદ્ધ ડબલ બ્લાઇન્ડ પ્રાયોગિક પદ્ધતિ (Single Vs Double Blind Experimental Procedure) - પ્રાયોગિક યોજના (ડિઝાઇન) (Experimental Design) - પ્રાયોગિક અહેવાલ લેખન (Writing an Experimental Report)	
Unit: 2	હતાશા અને સંવેદનાત્મક પ્રક્રિયાઓ (Frustration and Sensory Processes) - હતાશાનો અર્થ (Meaning of Frustration) - હતાશાની પ્રતિક્રિયા અથવા હતાશાની રીતો (Reaction of Frustration or Modes of Frustration) - હતાશા અને શિક્ષણ (Frustration & Learning) - હતાશા અને જાતીયતા (સેક્સ) (Frustration and Sex) - હતાશા અને આવક (Frustration and Income) - હતાશાનું માપન (Measurement of Frustration) - હતાશાના નિર્ધારકો / કારણો (Determinants of Frustration) - સંવેદનાનો અર્થ (Meaning of Sensations) - દ્રષ્ટિ સંવેદન (Visual Sensation) - દ્રષ્ટિ ગ્રાહકો (Visual Receptor) - અવકાશી-સામયિક સરવાળો (સ્પેશિયલ ટેમ્પોરલ સમેશન) અને રોસ્કો બુન્સેનનો નિયમ (Spatial Temporal Summation and Roscoe Bunsen Law) - અનુ-પ્રતિમાઓ (After Images)	25% 15 Hours

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Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

	• રંગ સંવેદન અથવા રંગ દ્રષ્ટિ (Colour Sensation or Colour Vision) • રંગ દ્રષ્ટિના સિદ્ધાંતો (Theories of Colour Vision) • રંગ મિશ્રણ (Colour Mixing) • રંગ વૈષમ્ય (રંગ વિરોધ) (Colour Contrast) • શ્રવણ સંવેદનશીલતા (Auditory Sensitivity) • શ્રવણ ગ્રાહકો (Auditory Receptors) • કોકલિયર માઇક્રોફોનિક્સ (Cochlear Microphonics) • શ્રવણના સિદ્ધાંતો (Theories of Hearing)	
Unit: 3	પ્રતિક્રિયા સમય અને શિક્ષણનું સંક્રમણ (Reaction Time and Transfer of Learning) • પ્રતિક્રિયા સમયનો અર્થ (Meaning of Reaction Time) • પ્રતિક્રિયા સમયનો ઇતિહાસ (History Of Reaction Time) • પ્રતિક્રિયા સમયના પ્રકારો (Types of Reaction Time) • પ્રતિક્રિયા સમયનું માપન (Measurement of Reaction Time) • પ્રતિક્રિયા સમયના નિર્ણાયકો / નિર્ધારકો (Determinants of Reaction Time) • પ્રયોગપાત્ર (વિષય) સંબંધિત પરિબલો (Subject Related Factors) • વૈયક્તિક તફાવતો (Individual Differences) • પ્રતિક્રિયા સમયના ઉપયોગો (Uses of Reaction Time) • સમાન ઉદ્દીપક શબ્દ પ્રત્યે વિવિધ પ્રતિક્રિયાઓની આવૃત્તિ (Frequency of Different Response to The Same Stimulus Word) • સાહચર્ય પ્રયોગોનું મૂલ્ય (Value of Association Experiments) • શિક્ષણ સંક્રમણનો અર્થ (Meaning of Transfer of Learning) • સંક્રમણના પ્રકારો (Types of Transfer) • શિક્ષણની પ્રાયોગિક યોજનાઓ (Experimental Designs of Learning) • શીખવા માટે શીખવું (Learning to Learn) • વિશિષ્ટ સંક્રમણ (Specific Transfer) • સંક્રમણ ઢાળ અને સમાનતા (Transfer Gradient & Similarity)	25% 15 Hours

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

	અન્ય કેટલાક પરિબલો (Some other Factors)	
Unit-4	અભિસંધાન અને શિક્ષણની પદ્ધતિઓ (Conditioning and Methods of Learning) - શાસ્ત્રીય અભિસંધાન (Classical Conditioning) - શાસ્ત્રીય અભિસંધાનના ઘટકો (Components of Classical Conditioning) - પાવલોવિયન અભિસંધાનમાં પ્રાયોગિક પ્રક્રિયા (Experimental Procedure in Pavlovian Conditioning) - અભિસંધિત અને અનઅભિસંધિત પ્રતિક્રિયાની તુલના (Comparison of Conditioned and Unconditioned Response) - પાવલોવિયન અભિસંધાનનું સૈદ્ધાંતિક અર્થઘટન (Theoretical Interpretation of Pavlovian Conditioning) - કારક (સાધનરૂપ) અભિસંધાન (Instrumental Conditioning) - કારક અભિસંધાનમાં પ્રાયોગિક પ્રક્રિયાઓ (Experimental Procedures in Instrumental Conditioning) - કારક શિક્ષણનું સૈદ્ધાંતિક અર્થઘટન (Theoretical Interpretation of Instrumental Learning) - અનિવાર્ય આંચકો અને શીખેલી નિઃસહાયતા (Inescapable Shock and Learned Helplessness) - અભિસંધાનના નિર્ધારકો (Determinants of Conditioning) - સમગ્ર વિરુદ્ધ વિભાગ પદ્ધતિ (Whole Versus Part Method) - શાબ્દિક શિક્ષણમાં સમગ્ર અને વિભાગ પદ્ધતિ (Whole and Part Method In Verbal Learning) - ક્રમિક (શ્રેણીબદ્ધ) શાબ્દિક શિક્ષણમાં સમગ્ર વિરુદ્ધ વિભાગ પદ્ધતિ (Whole Vs Part Method In Serial Verbal Learning) - બિન- ક્રમિક (બિન- શ્રેણીબદ્ધ) શિક્ષણમાં સમગ્ર વિરુદ્ધ વિભાગ પદ્ધતિ (Whole Vs Part Method In Non Serial Learning) - કૌશલ્ય શિક્ષણમાં સમગ્ર વિરુદ્ધ વિભાગ પદ્ધતિ (Whole Vs Part Method In Skill Learning) - સળંગ વિરુદ્ધ અંતરીકૃત (વિરામયુક્ત) પદ્ધતિ (Massed Versus Distributed Method) - શાબ્દિક શિક્ષણ પર અસર (Effect on Verbal Learning)	25% 15 Hours

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

	• પ્રત્યક્ષીકૃત-ગતિલક્ષી શિક્ષણ (Perceptual – Motor Learning) • શિક્ષણ પર કેન્દ્રીકૃત અને વિકેન્દ્રીકૃત પદ્ધતિ(પ્રણાલી)ઓની અસર (The Effect of Centralized and Decentralized Systems on Education) • અભ્યાસના સમય અને આરામના સમયનો ગાળો નક્કી કરતી વખતે રાખવાની સાવચેતીઓ (Precautions to be taken while determining the duration of study time and rest time) • અંતરીકૃત (વિરામયુક્ત) મહાવરાની અસરની સમજૂતી (Explanations of the effect of distributed Practice)	
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Pedagogical Tools:

- | | | | |
|---------------------|-------------------|-------------|--------------------|
| • Classroom Lecture | • Problem Solving | • Tutorial | • Group Discussion |
| • Seminar | • Case Studies | • Role Play | • Field Work |
| | | | • Hospital Visit |

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

External: Annual Examination will be conducted by the BKNMU of 70 Marks (4 Descriptive Questions and 2 Short notes)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 30 Marks.

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

REFERENCE BOOKS:

1. D'AMATO M. R. (1970) experimental psychology, methodology psycho physic and learning international student education, N.Y.MCGRAW Hill.
2. Gould, J. E. (2002). Concise Handbook of Experimental Methods for the Behavioral and Biological Sciences . CRC Press.
3. Milinki, A.K. A Cross Section of Psychological Research: Journal Articles for Discussion and Evaluation. Pyrczak Publishing.

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

M. A. Psychology Semester-I

COURSE LEVEL	6		INTERNAL MARKS	30
PROGRAMME	M.A		EXTERNAL MARKS	70
SEMESTER	01		PRACTICAL INTERNAL	--
CATEGORY OF COURSE	DSC- 02		PRACTICAL EXTERNAL	--
COURSE CRADIT	4		PRAC.EXTERNAL EXAM DURATION	---
TEACHING HOURS	60		TOTAL	100
COURSE CODE	--		EXAM DURATION	2.30 HOURS
COURSE TITAL	PSYCHOLOGICAL RESEARCH METHODS			
TEACHING METHOD	LECTURE AND DEMONSTRATION			

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ? હા
2. Employability/Entrepreneurship/Skill Development પરકેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skillsના 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

PO/CO (Programme/Course Outcomes)

After completion of the course, students will be able to:

1. Explain the meaning, objectives, and importance of research in psychology.
2. Understand different types of research methods and research designs.
3. Identify and formulate research problems, variables, and hypotheses.

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

4. Develop valid and reliable tools for psychological research.
5. Collect, organize, analyze, and interpret research data systematically.
6. Apply ethical principles in conducting psychological research.
7. Prepare scientific research reports using standard formats and guidelines.
8. Present research findings effectively through oral and written communication.
9. Understand the role of research methodology in advancing psychological knowledge.
10. Develop competency in independent and collaborative research work.

PSO (Programme Specific Outcomes)

Gain comprehensive knowledge of research methodology used in psychology.

1. Understand various types of research designs and methods in psychological studies.
2. Develop skills in identifying research problems and defining variables.
3. Construct valid and reliable psychological research tools and instruments.
4. Apply appropriate techniques for data collection and statistical analysis.
5. Conduct ethical psychological research following professional guidelines.
6. Prepare research reports, dissertations, and presentations in scientific format.
7. Interpret research findings and apply them to practical psychological issues.

LO (Learning Outcomes)

Students will be able to:

1. Describe the basic concepts and principles of psychological research.
2. Differentiate between qualitative and quantitative research methods.
3. Frame meaningful research questions and hypotheses.
4. Identify variables and select suitable research designs.
5. Develop and use research tools such as questionnaires, scales, and tests.
6. Analyze and interpret research findings critically.
7. Demonstrate ethical awareness in research involving human participants.
8. Improve academic writing and presentation skills in psychology research.
9. Apply statistical reasoning in psychological data analysis.
10. Develop inquiry-based and evidence-based thinking skills.

Value-Based Education

Promote honesty, integrity, and transparency in research practices.

1. Encourage ethical responsibility in data collection and reporting.
2. Develop respect for participants' rights, privacy, and confidentiality.
3. Foster scientific attitude and rational thinking in psychological inquiry.
4. Encourage discipline, accuracy, and objectivity in research work.
5. Build teamwork and cooperation during collaborative research activities.

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

6. Promote social responsibility through meaningful psychological research.
7. Encourage sensitivity toward cultural and individual differences.
8. Develop professional ethics and accountability in academic research.
9. Inspire lifelong learning and commitment to knowledge creation.

Details of Modules

Modules	Content/ Topic	Weightage and Teaching Hours
Unit: 1	‘શૈક્ષણિક સંશોધન અને ગુણાત્મક સંશોધન પદ્ધતિઓ’ (Educational Research and Qualitative Research Methods) • અર્થ, વ્યાખ્યાઓ, સંકલ્પના અને સામાન્ય-વિશિષ્ટ લાક્ષણિકતાઓ, સોપાનો: (Meaning, Definitions, Conceptualization and General – Special Characteristics, Steps) • શૈક્ષણિક સંશોધનનું ધ્યેય: (Goal of Educational Research) • શૈક્ષણિક સંશોધન એટલે શું? (What is Educational Research) • શૈક્ષણિક સંશોધનની સામાન્ય લાક્ષણિકતાઓ: (General Characteristics of Educational Research) • શૈક્ષણિક સંશોધનની વિશિષ્ટ લાક્ષણિકતાઓ: (Special Characteristics of Educational Research) • શૈક્ષણિક સંશોધન પ્રક્રિયાના સોપાનો (પગલાં): (Steps of Educational Research Procedure) • શૈક્ષણિક સંશોધનના અવરોધો: (Obstacles of Educational Research) • હોથોર્ન અસર: (Hawthorne Effect) • શૈક્ષણિક સંશોધનનું કાર્યક્ષેત્ર: (Field of Educational Research) • શૈક્ષણિક સંશોધનની વ્યવહારુ ઉપયોગિતા: (Practical Utility of Educational Research) • ગુણાત્મક સંશોધન એટલે શું? (What is Qualitative Research) • ગુણાત્મક સંશોધનની વિવિધ અર્થઘટનાત્મક પ્રથાઓ: (The Diverse Interpretive Practices of Qualitative Research) • ગુણાત્મક સંશોધનના લક્ષણો: (Traits of Qualitative Research) • ગુણાત્મક સંશોધનના સબળ પાસાં અને નબળાઈઓ (મર્યાદાઓ): (Strength and Weakness of Qualitative Research)	25% 15 Hours

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

	- ગુણાત્મક સંશોધન વિરુદ્ધ પરિમાણાત્મક સંશોધન: (Qualitative Research VS Quantitative Research) - ગુણાત્મક સંશોધનમાં નમૂના પસંદગી અને પસંદગી પ્રક્રિયા: (Sampling and Selection in Qualitative Research) - ગુણાત્મક સંશોધનમાં સંશોધકની ભૂમિકા: (Researcher's Role In Qualitative Research) - વિશિષ્ટ ભૂમિકાઓ: (Special Roles) - ગુણાત્મક સંશોધનની દાર્શનિક પૃષ્ઠભૂમિ: (Philosophical Backgrounds of Qualitative Research) - ગુણાત્મક સંશોધનની પદ્ધતિઓ: (Methods of Qualitative Research)	
Unit: 2	નિદર્શ પસંદગી (નિદર્શન) અને સંશોધન યોજના' (Sampling and Research Design) - નિદર્શનો અર્થ: (Meaning of Sample) - પ્રતિનિધિરૂપ નિદર્શ: (Representative Sample) - નિદર્શ પસંદગી (નિદર્શન) યોજના (ડિઝાઇન) ના ધ્યેયો: (Goal of Sampling Design) - સમષ્ટિ અને નિદર્શ વચ્ચેનો તફાવત: (Difference between Population & Sample) - નિદર્શ પસંદગી (નિદર્શન) યોજનાની પ્રક્રિયા: (Process of Sampling Design) - નિદર્શપસંદગી (નિદર્શન)ના પ્રકારો: (Types of Sampling) - સંભાવનાયુક્ત નિદર્શ પસંદગી (નિદર્શન): (Probability Sampling) - બિન-સંભાવના (સંભાવનામુક્ત) નિદર્શ પસંદગી (નિદર્શન): (Non-Probability Sampling) - નિદર્શપસંદગી (નિદર્શન)માં થતી ભૂલો: (Errors in Sampling) - સંશોધન યોજનાના ધ્યેયો: (Goal of Research Design) - સારા વૈજ્ઞાનિક સંશોધનના માપદંડો: (Criteria of Good Scientific Research)	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	- સંશોધન યોજનાનું મહત્વ: (Significance of Research Design) - સંશોધન યોજનાના પ્રકારો: (Types of Research Design) - બિન-પ્રાયોગિક સંશોધન યોજના: (Non-Experimental Research Design) - અર્ધ-પ્રાયોગિક યોજનાના ફાયદા અને ગેરફાયદા: (Advantages and Disadvantages of Quasi Experimental Design) - સહસંબંધાત્મક યોજના: (Correlational Design) - પ્રાયોગિક યોજના: (Experimental Design) - પ્રાયોગિક યોજનાના ફાયદા અને ગેરફાયદા: (Advantages and Disadvantages of Experimental Design)	
Unit: 3	પ્રક્ષેપણ પદ્ધતિઓ, સામાજિક મિતિ અને માપન તકનીકો (Projective Methods, Sociometry and Scaling Techniques) - પ્રક્ષેપણ પદ્ધતિ (Projective Method) - પ્રક્ષેપણ કસોટીના પ્રકારો (Types of Projective Test) - સંશોધન સાધન તરીકે પ્રક્ષેપણ પ્રયુક્તિનું મૂલ્યાંકન (Evaluation of Projective Technique as Research Tool) - પ્રક્ષેપણ પ્રયુક્તિઓની ઉપયોગિતા (Utility of Projective Techniques) - પ્રક્ષેપણ પ્રયુક્તિઓની મર્યાદાઓ (Limitations of Projective Techniques) - સમાજમિતિ પદ્ધતિ (Sociometry Method) - સમાજમિતિ પદ્ધતિના ફાયદા અને ગેરફાયદા (Advantages and Disadvantages of Sociometry Method) - મંતવ્ય પત્રક (અભિપ્રાય પત્રક) (Opinionnaire) - મંતવ્ય પત્રકનું વિશ્લેષણ (Analysis of Opinionnaire) - વિશ્વસનીયતા અને પ્રમાણીકરણ	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	(Reliability And Standardization) • મનોવલણ માપદંડ (Attitude Scale) • લિકર્ટ (Likert) પદ્ધતિના લક્ષણો (Characteristics of Likert Method) • લિકર્ટ પદ્ધતિનો ઉપયોગ કરતી વખતે રાખવાની મુખ્ય સાવચેતીઓ (Key Precautions When Using a Likert Method) • લિકર્ટ પદ્ધતિની ઉપયોગિતા (Usefulness of Likert Method) • વ્યક્તિગત દસ્તાવેજો (Personal Documents) • વ્યક્તિગત દસ્તાવેજોની સીમાઓ (મર્યાદાઓ) (Boundaries of Personal Documents) • જાહેર દસ્તાવેજો (Public Document) • ગૌણ સ્ત્રોતોની સીમાઓ (મર્યાદાઓ) (Boundaries of Secondary Sources)	
Unit-4	સંશોધન દરખાસ્ત, સાહિત્યની સમીક્ષા અને સંશોધન અહેવાલ લેખન (Research Proposal, Literature Review and Research Report Writing) • સંશોધન દરખાસ્તના ઘટકો (Components of a Research Proposal) • સંશોધન દરખાસ્ત અને સંશોધન અહેવાલ (Research Proposal and Research Report) • સંશોધન દરખાસ્તનો પ્રારંભિક વિભાગ (Introductory Section of a Research Proposal) • સંશોધન દરખાસ્તનો કાર્યપદ્ધતિ વિભાગ (Methodology Section of Research Proposal) • નાણાકીય અનુદાન (ગ્રાન્ટ) મેળવવા અંગેના કેટલાક સૂચનો (Some Suggestions Regarding Obtaining Financial Grants) • સાહિત્યની સમીક્ષા (સંબંધિત સાહિત્યની સમીક્ષા) (Review of Literature)	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	• સાહિત્યની સમીક્ષાનો ખ્યાલ (Concept of Review of Literature) • સાહિત્યની સમીક્ષાના લક્ષણો (Characteristics of Review of Literature) • સાહિત્યની સમીક્ષાના ઉદ્દેશ્યો (Objectives of Review of Literature) • સાહિત્યની સમીક્ષાના સ્વરૂપો અને સોપાનો (Forms and Steps of Review of Literature) • સાહિત્યની સમીક્ષાનું આયોજન (Plan of Review of Literature) • મેળવેલા સંદર્ભોનો સારાંશ (Summaries of Obtained References) • સમીક્ષાના તારણો - વર્તમાન સંશોધનનું મહત્વ (Findings of the Review - Significance of the Present Research) • સંદર્ભ સ્ત્રોતો (Reference Sources) • સાહિત્યની સમીક્ષા માટે સંશોધકની આવશ્યક કુશળતા, ક્ષમતાઓ અને ગુણો (Required Skills, Abilities, and Qualities of a Researcher for Literature Review) • અર્થઘટન એટલે શું? (What is Interpretation?) • અર્થઘટનનું મહત્વ (Significance of Interpretation) • અર્થઘટનની કાર્યપદ્ધતિ અને પ્રયુક્તિઓ (Methodology and Techniques of Interpretation) • માહિતી (પ્રદત્ત) ના અર્થઘટનમાં આવશ્યક સાવચેતીઓ (Essential Safeguards in Data Interpretation) • સંશોધન અહેવાલનું સૈદ્ધાંતિક માળખું (Theoretical Framework of a Research Report) • સંશોધન અહેવાલની સંકલ્પનાત્મક વ્યાખ્યા (Conceptual Definition of a Research Report)	
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BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

	- સંશોધન અહેવાલના પ્રાથમિક ઉદ્દેશ્યો (Primary Objectives of a Research Report) - સંશોધન અહેવાલનું કાર્યાત્મક મહત્વ, ફાયદા અને જરૂરિયાત (Functional Importance, Advantages, and Necessity of a Research Report) - સંશોધન અહેવાલનું બંધારણીય આયોજન, ઘટકો અને ક્રમિક સોપાનો (Structural Organization, Components, and Sequential Steps of a Research Report) - સંશોધન અહેવાલમાં વપરાતા પ્રમાણિત શૈક્ષણિક સંક્ષેપો (ટૂંકાક્ષરો) (Standard Academic Abbreviations Employed in Research Reporting) - સંશોધન અહેવાલ લેખન પ્રક્રિયામાં રાખવાની સાવચેતીઓ (Procedural Precautions for Executing Research Report Writing) - સંશોધન અહેવાલ તૈયાર કરવામાં થતી તાર્કિક ભૂલો (Logical Errors in Preparing Research Report)	
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Pedagogical Tools: - Classroom Lecture - Seminar - Problem Solving - Case Studies - Tutorial - Role Play - Group Discussion - Field Work - Hospital Visit
Mode of Evaluation: Evaluation will be divided in two parts. External: Annual Examination will be conducted by the BKNMU of 70 Marks (4 Descriptive Questions and 2 Short notes) Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 30 Marks. - Assignment - MCQ Test - Presentation - Attendance - Seminar - Symposium - Poster Presentation - Essay type Questions - Classroom quizzes and exams - Projects - Questionnaires - Interviews

REFERENCE BOOKS:
1. American Psychological Association. (2010). Publication manual of the American psychological association (6th ed.). Washington, DC: American Psychological Association.

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

2. Karlinger, F.N (2000) Foundations of Behavioral Research (Fifth Indian reprint). New Delhi: Surjeet Publication.
3. Kothari, C.R (2000) Research Methodology- Methods and Techniques (Ed-II). New Delhi: VishwaPrakasan.
4. Schweigert, W. A. (2012). Research methods in psychology: A handbook (3rd ed.). Lone Grove, IL: Waveland Press, Inc.

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

M. A. Psychology Semester-I

COURSE LEVEL	6		INTERNAL MARKS	--
PROGRAMME	M.A		EXTERNAL MARKS	---
SEMESTER	01		PRACTICAL INTERNAL	30
CATEGORY OF COURSE	DSC- 03		PRACTICAL EXTERNAL	70
COURSE CRADIT	4		PRAC.EXTERNAL EXAM DURATION	MORE THEN 5.00 HOURS
TEACHING HOURS	60		TOTAL	100
COURSE CODE	--		EXAM DURATION	---
COURSE TITAL	PSYCHOLOGY PRACTICUM			
TEACHING METHOD	LECTURE AND DEMONSTRATION			

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ? હા
2. Employability/Entrepreneurship/Skill Development પરકેન્દ્રિત થયેલ છે કે નહિ? હા
3. Value added Courses Imparting Transferable and Life Skillsના 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 આનુસાંગિક 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

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

PO/CO (Programme/Course Outcomes)

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

1. Explain the basic concepts, theories, and principles of Experimental Psychology.
2. Apply various psychological theories in practical and experimental settings.
3. Demonstrate understanding of different domains and methods of psychological experimentation.
4. Conduct psychological experiments with scientific attitude, objectivity, and ethical responsibility.
5. Record, quantify, codify, analyze, and interpret psychological data accurately.
6. Use psychological practical techniques and tools effectively for experimental studies.
7. Develop critical thinking and analytical skills for understanding human behavior through experimentation.

PSO (Programme Specific Outcomes)

Upon completion of the programme, students will be able to:

1. Apply psychological knowledge and experimental methods to understand human behavior and mental processes.
2. Design and conduct basic psychological experiments using scientific and ethical procedures.
3. Analyze psychological data using appropriate quantitative and qualitative techniques.
4. Demonstrate practical skills in observation, testing, interpretation, and reporting in psychology.
5. Integrate theoretical and practical aspects of psychology for research, counseling, and applied settings.
6. Exhibit professional competence, ethical sensitivity, and scientific temper in psychological practice.

LO (Learning Outcomes)

The learners will be able to:

1. Understand the nature, scope, and significance of Experimental Psychology.
2. Identify different experimental methods and psychological variables.
3. Perform psychological practicals systematically and scientifically.
4. Develop skills in data collection, scoring, tabulation, and interpretation.
5. Interpret experimental findings and draw meaningful conclusions.
6. Improve observation, analytical thinking, and problem-solving abilities.
7. Build awareness regarding ethical practices in psychological experimentation and research.

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

Value-Based Education

This course promotes the following values among students:

1. Encourages logical thinking, objectivity, and evidence-based understanding.
2. Develops respect for confidentiality, consent, and ethical conduct in experiments.
3. Enhances understanding of human behavior and individual differences.
4. Promotes precision in observation, recording, and interpretation of data.
5. Encourages analytical and reflective thinking in psychological inquiry.
6. Instills honesty, responsibility, and accountability in practical work and research.
7. Helps students appreciate the application of psychology for individual and societal well-being.

Details of Modules

Experiment No.	Any Six Experiments from the following are to be Performed and Reported in Journal
1	Method of minimal Changes – Two Point Threshold For Different parts of Skin લઘુતમ ફેરફારની પદ્ધતિ દ્વારા ત્વચાના બે જુદા જુદા વિસ્તારોનો દ્વિબિંદુ ઉંબર શોધવો.
2	Verification of Weber's Law વેબરના નિયમની ચકાસણી કરવી
3	Habit Interference (To Study the Influence Interpolated Activity upon the Retention of Previously Learnt Material) ટેવગત અવરોધ (અગાઉ શીખેલી સામગ્રીના ધારણ પર આંતરવર્તી પ્રવૃત્તિની અસરનો અભ્યાસ)
4	BILATERAL TRANSFER – MIRROR TRAKIN OR CUP BULL CATCHING દ્વિપાર્શ્વ શિક્ષણ સંક્રમણ Bilateral Transfer
5	Transfer of Maze learning ભુલ-ભુલામણીમાં શિક્ષણ સંક્રમણ
6	Association: Restricted & Guided by Relationships સાહચર્ય: નિયંત્રિત અને સંબંધો દ્વારા માર્ગદર્શિત
7	Conceptual Content and Learning સંકલ્પનાત્મક વિષયવસ્તુ અને શિક્ષણ.

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

8	Retention as a Function of Meaningfulness અર્થમયતાની ધારણ પર થતી અસર
9	Retroactive Inhibition ભૂતલક્ષી નિરોધન
10	Problem Solving as a Function of Set – Anagrams Problem માનસિક તત્પરતાની સમસ્યા ઉકેલ પર થતી અસર- એનાગ્રામ્સ સમસ્યા
11	Memory for Extent Movement ગતિના વિસ્તાર માટેની સ્મૃતિ
12	Fatigue થાક
13	To Study Learning Under Massed & Distributed Practice સળંગ અને અંતરીકૃત મહાવરા હેઠળ શિક્ષણનો અભ્યાસ
14	To Study the Relative Recall of Completed and Uncompleted Tasks - (Zeigarnik Effect) પુરા કરેલા અને અધવચ્ચેથી અટકાવેલા (પૂર્ણ અને અપૂર્ણ) કાર્યોનું ધારણ – આયગર્નિક અસર

Pedagogical Tools:

- Classroom Lecture • Problem Solving • Practical Work • Demonstration

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

External: Annual Examination will be conducted by the BKNMU of 70 Marks (Practical Evaluation * Journal= 10* Performance = 20 * Report Writing = 30 * Viva = 10)

Internal: The Internal Examination 30 Marks. (Internal Evaluation Performance = 05 * Report Writing = 20 * Viva = 05)

REFERENCE BOOKS:

- 1) D' Amato, M.R: Experimental Psychology: Methodology, (1970): Psycho-Physic & Learning, NewYork: McGraw Hill

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

- 2) Garret,H.E (1951): Great Experiments in Psychology, New York: Appleton- Century Crafts, Inc Third Edition
- 3) Kuppaswami, B. (1954) Elementary Experiments in Psychology, Madras: Oxford University Press
- 4) Postman, Leo & Egan, James P. (1949) Experimental Psychology: An Introduction, N.Y: Harper & Row
- 5) Underwood, Benton, j. (1963): Experimental: An Introduction, Bombay, The Times of India Press
- 6) Woodworth, Robert S. & Schlosberg, Harold (1971); Experimental Psychology, Calcutta: Oxford & IBH PublishingCo.
- 7) “પ્રાયોગિક મનોવિજ્ઞાન” ડૉ. સી.ટી. ભોપટકર યુનિવર્સિટી પ્રકાશન
- 8) “પ્રાયોગિક મનોવિજ્ઞાન સિધ્ધાંત અને પ્રયોગપોથી” યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, લેખક : એસ.સી. કાનાવાલા
- 9) ચોથાણી કે. બી. (2015) “પ્રાયોગિક મનોવિજ્ઞાન-પ્રયોગો”, નીરવ પ્રકાશન રીલીફ રોડ, અમદાવાદ-૦૧.

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

M. A. Psychology Semester-I

COURSE LEVEL	6		INTERNAL MARKS	30
PROGRAMME	M.A		EXTERNAL MARKS	70
SEMESTER	01		PRACTICAL INTERNAL	--
CATEGORY OF COURSE	DSE- 01		PRACTICAL EXTERNAL	--
COURSE CRADIT	4		PRAC.EXTERNAL EXAM DURATION	---
TEACHING HOURS	60		TOTAL	100
COURSE CODE	--		EXAM DURATION	2.30 HOURS
COURSE TITAL	HUMAN NEURO PSYCHOLOGY-I			
TEACHING METHOD	LECTURE AND 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 Skillsના 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? ના

PO/CO (Programme/Course Outcomes)

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

1. Develop comprehensive knowledge about the relationship between brain and behavior.
2. Understand the structure and functions of the human nervous system and neurophysiological processes.
3. Apply principles of neuropsychology in assessment, diagnosis, intervention, and rehabilitation of neurological disorders.

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

4. Analyze neurochemical, vascular, and cognitive systems involved in human behavior and mental functioning.
5. Identify and classify various neurological syndromes related to frontal, parietal, temporal, and occipital lobes.
6. Enhance critical thinking and problem-solving skills in clinical neuropsychological practice.
7. Demonstrate ethical and professional responsibilities while dealing with neurological patients.
8. Promote research orientation and scientific temperament in the field of neuropsychology.

PSO (Programme Specific Outcomes)

Upon completion of the programme, students will be able to:

1. Explain the anatomical and functional organization of the brain and nervous system.
2. Assess behavioral and cognitive changes caused by neurological disorders.
3. Differentiate neurochemical and vascular mechanisms affecting brain functioning.
4. Evaluate frontal lobe syndromes including deficits in memory, attention, planning, and executive functions.
5. Interpret parietal lobe dysfunctions related to sensory integration and spatial abilities.
6. Analyze temporal lobe disorders associated with language, hearing, memory, and emotions.
7. Understand occipital lobe impairments affecting vision and perception.
8. Apply rehabilitation strategies and therapeutic interventions for patients with neurological conditions.

LO (Learning Outcomes)

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

1. Describe the fundamentals of brain structure and behavior.
2. Discuss physiological neuro systems and their role in human functioning.
3. Classify neurochemical and vascular systems related to cognition and behavior.
4. Explain the symptoms and characteristics of frontal lobe syndromes.
5. Understand parietal lobe syndromes and associated sensory-motor disorders.
6. Identify temporal lobe dysfunctions affecting language and memory.
7. Describe occipital lobe disorders related to visual processing.
8. Demonstrate basic skills in neuropsychological assessment, diagnosis, intervention, and rehabilitation.

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

Value Based Education

1. Develop empathy and compassion while working with patients suffering from neurological disorders.
2. Promote ethical practices and confidentiality in clinical and rehabilitation settings.
3. Encourage respect for human dignity, diversity, and patient rights.
4. Foster social responsibility in providing psychological and rehabilitative support to individuals with neurological impairments.
5. Build patience, sensitivity, and effective communication skills in dealing with patients and caregivers.
6. Encourage scientific attitude, critical inquiry, and lifelong learning in neuropsychology.
7. Promote holistic well-being by integrating psychological, social, and emotional care in rehabilitation practices.

Details of Modules

Modules	Content/ Topic	Weightage and Teaching Hours
Unit: 1	ન્યુરોસાયન્સ અને ન્યુરોસાયકોલોજીના પાયા (Foundations of Neuroscience and Neuropsychology) ન્યુરોસાયન્સ અને ન્યુરોસાયકોલોજીના પાયા • ન્યુરોસાયન્સનો અર્થ, સ્વરૂપ અને ક્ષેત્ર: (Meaning, Nature and Field of Neuroscience) • ન્યુરોસાયકોલોજીનું સ્વરૂપ અને વ્યાખ્યા: (Nature and Definition of Neuropsychology) • શરીરલક્ષી મનોવિજ્ઞાન અને ન્યુરોસાયકોલોજી: એક તુલનાત્મક અભ્યાસ: (Physiological Psychology and Neuropsychology: A Comparative Study) • ન્યુરોસાયકોલોજીનો ઐતિહાસિક વિકાસ: (Historical Development of Neuropsychology) • મગજમાં કાર્યોનું સ્થાનીકરણ: (Localization of Function in Brain) • ભાષાનું સ્થાનીકરણ: બ્રોકા (Broca): (Localization Language:	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	Broca) • મોટર કોર્ટેક્સની શોધ: ફ્રિટ્ઝ અને હિટ્ઝિગ: (Discovering of Motor Cortex: Fritsch and Hitzig) • વર્નિકનું 'સિક્વન્શિયલ પ્રોગ્રામિંગ' અને 'ડિસકનેક્શન સિન્ડ્રોમ' પૂર્વધારણા: (Wernicke Sequential Programming and Disconnection Syndrome Hypothesis) • સ્થાનીકરણ વિરોધી (Antilocalization) દ્રષ્ટિકોણ: (Antilocalization View Points) • સ્થાનીકરણ દ્રષ્ટિકોણ અને સમગ્રતાવાદી દ્રષ્ટિકોણ વચ્ચેનું સમાધાન: (Reconciliation of Localization View Points and Holistic View Point) • ન્યુરોન (ચેતાકોષ) પૂર્વધારણા - આધુનિક વિકાસ: (Neuron Hypothesis - Modern Development) • ન્યુરોનના પ્રકારો અને સંરચના: (Types & Structure of Neuron) ○ ન્યુક્લિયસ (કોષકેન્દ્ર): (Nucleus) ○ એન્ડોપ્લાઝમિક રેટિક્યુલમ (ER): (Endoplasmic Reticulum or ER) ○ લાયસોઝોમ્સ: (Lysosomes) ○ માઇટોકોન્ડ્રિયા (કણાલસૂત્ર): (Mitochondria) ○ માઇક્રોફિલામેન્ટ્સ અને માઇક્રોટ્યુબ્યુલ્સ: (Microfilaments and Microtubules) ○ ડેન્ડ્રાઇટ્સ (શિખાતંતુ): (Dendrites) ○ એક્સન (અક્ષતંતુ): (Axon) • ન્યુરોગ્લિયા અથવા ગ્લિયા: (Neuroglia or Glia) • ન્યુરોનની વિદ્યુત પ્રવૃત્તિઓ: એક્શન પોટેન્શિયલ: (Neuron's Electrical Activities: Action Potential) • સાયનેપ્ટિક ટ્રાન્સમિશન (ચેતાપાગમ પ્રસરણ): (Synaptic Transmission) • ગ્રેડેડ પોટેન્શિયલનો ખ્યાલ: (Concept of Graded Potentials) • ચેતા આવેગની ઉત્પત્તિ: (Origin of Nerve Impulse) • ન્યુરોટ્રાન્સમીટર અને ન્યુરોમોડ્યુલેટર: (Neurotransmitter and	
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BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
Effective from June 2026
Subject: PSYCHOLOGY
SEMESTER- I (HONOURS)

	Neuromodulator) ન્યુરોનની વિદ્યુત પ્રવૃત્તિઓનું માપન: (Measuring Electrical Activities of Neuron)	
Unit: 2	ન્યુરોસાયન્ટિફિક પદ્ધતિઓ અને ચેતાતંત્રના કાર્યો (Neuroscientific Methods and Nervous System Functions) - એનાટોમિકલ પદ્ધતિ (શરીરરચનાત્મક પદ્ધતિ): (Anatomical Method) - રેડિયોલોજિકલ પદ્ધતિ: (Radiological Method) - વિદ્યુત ઉત્તેજના અને રેકોર્ડિંગ પદ્ધતિ: (Electrical Stimulation and Recording Method) - પ્રાયોગિક એબ્લેશન પદ્ધતિ અથવા લિઝન (ક્ષતિ) પદ્ધતિ: (Experimental Ablation Method or Lesion Method) - વર્તન પર મગજની ક્ષતિની (Lesion) અસર: (Effect of Brain Lesion on Behaviour) - કોમિસુરોટોમી: (Commissurotomy - મગજના બે ભાગને જોડતા તંતુઓ કાપવાની ક્રિયા) - હેમિસ્ફિરેક્ટોમી: (Hemispherectomy - મગજનો એક ગોળાર્ધ દૂર કરવાની શસ્ત્રક્રિયા) - સોડિયમ એમોબાર્બિટલ ટેસ્ટ: (Sodium Amobarbital Test) - ન્યુરોકેમિકલ પદ્ધતિઓ: (Neurochemical Method) - ઓટોરેડિયોગ્રાફી: (Autoradiography) - ઈમ્યુનોસાઈટોકેમિસ્ટ્રી: (Immunocytochemistry) - ન્યુરોલોજીકલ પદ્ધતિઓ: (Neurological Methods) - શારીરિક ચેતાતંત્રની સંરચના અને કાર્યો: (Structure and Function of Somatic Nervous System) - સ્વયંસંચાલિત ચેતાતંત્રની સંરચના અને કાર્યો: (Structure and Function of Autonomic Nervous System)	25% 15 Hours
Unit: 3	ચેતાતંત્ર અને મગજની સંરચના અને કાર્યાત્મક આયોજન (Structure and Functional Organization of the Nervous System and Brain)	

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

	- ચેતાતંત્ર: સંરચના અને કાર્ય: (Nervous System: Structure and function) - વેન્ટ્રિક્યુલર સિસ્ટમ (મગજના પોલાણની પ્રણાલી): (Ventricular System) - સામાન્ય પરિભાષા (શબ્દાવલી): (General Terminology) - મધ્યસ્થ ચેતાતંત્રના મુખ્ય વિભાગો: (Major Division of Central Nervous System) - કરોડરજ્જુની સંરચના અને કાર્ય: (Structure and Function of Spinal Cord) - મગજના વિભાગો: (Division of Brain) - મગજની સંરચના અને કાર્ય: (Structure and function of Brain) - સાયટોઆર્કિટેક્ટોનિક મેપ (કોષીય રચનાનો નકશો): (Cytoarchitectonic Map) - કોર્ટિકલ જોડાણો (બાહ્યક જોડાણો): (Cortical Connections) - કોર્ટેક્સ (બાહ્યક) ના કાર્યાત્મક વિભાગો: (Functional Divisions of Cortex) - ઓલ્ફેક્ટરી કોર્ટેક્સ (ઘ્રાણ બાહ્યક): (Olfactory Cortex) - લુરિયાના કોર્ટિકલ ઝોન અને કોર્ટિકલ પ્રક્રિયા: (Luria's cortical Zone and Cortical Processing) - મધ્ય મગજ અથવા મેસેન્સેફાલોન: (Midbrain or Mesencephalon) - પશ્ચાદ મગજ અથવા રોમ્બેન્સેફાલોન: (Hindbrain or Rhombencephalon) - માયલેન્સેફાલોન: (Myelencephalon)	25% 15 Hours
Unit-4	અંતઃસ્રાવી તંત્ર અને વર્તનનું હોર્મોનલ નિયમન (Endocrine System and Hormonal Regulation of Behavior) - અંતઃસ્રાવી ગ્રંથિનો અર્થ અને તેના પ્રકારો: (Meaning and Types of endocrine Gland) - એડ્રિનલ ગ્રંથિ: (Adrenal Gland) - પીનિયલ ગ્રંથિ: (Pineal Gland)	25% 15 Hours

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

	• થાઇરોઇડ ગ્રંથિ: (Thyroid Gland) • પેરાથાઇરોઇડ ગ્રંથિ: (Parathyroid Gland) • સ્વાદુપિંડ: (Pancreas) • જાતીય ગ્રંથિઓ અથવા જનનપિંડ: (Sex Glands or Gonads) • પક્વાશયનું મ્યુકોસા અને જઠરનું પાયલોરિક મ્યુકોસા: (Mucosa of Duodenum and Pyloric Mucosa of Stomach) • હોર્મોન્સનો ઐતિહાસિક વિકાસ: (Historical Development of Hormone) • હોર્મોન્સનું વર્ગીકરણ: (Classification of Hormones) • હોર્મોન કાર્યના દસ સિદ્ધાંતો: (Ten principles of Hormone Action) • હોર્મોનલ સંદેશાવ્યવહાર અને ચેતાકીય સંદેશાવ્યવહારનો તુલનાત્મક અભ્યાસ: (A Comparative Study of Hormonal Communication and Neural Communication) • રાસાયણિક સંદેશાવ્યવહારના વિવિધ પ્રકારો: (Different types of Chemical Communication) • કોષની કાર્યવિધિ પર હોર્મોન્સની અસર: (Impact of Hormones on Cell Mechanisms) • વર્તન પર હોર્મોન્સની અસર: (Impact of Hormones Upon Behaviour) • હોર્મોનલ તંત્ર અને ચેતાતંત્ર વચ્ચેની આંતરક્રિયા: (Interaction between Hormonal System and Neural System)	
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Pedagogical Tools:			
• Classroom Lecture	• Problem Solving	• Tutorial	• Group
Discussion			
• Seminar	• Case Studies	• Role Play	• Field Work
• Hospital Visit			
Mode of Evaluation: Evaluation will be divided in two parts.			
External: Annual Examination will be conducted by the BKNMU of 70 Marks (4 Descriptive Questions and 2 Short notes)			
Internal: Following Tools for Evaluating performance of the students can be used. Total			

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

weightage for the Internal Examination 30 Marks.

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

REFERENCES BOOKS

1. Fundamentals of Human Neuropsychology – Kolb & Whishaw.
2. Neuropsychology – Elias & Saucier.

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

M. A. Psychology Semester-I

COURSE LEVEL	6	INTERNAL MARKS	30
PROGRAMME	M.A	EXTERNAL MARKS	70
SEMESTER	01	PRACTICAL INTERNAL	--
CATEGORY OF COURSE	DSE- 02	PRACTICAL EXTERNAL	--
COURSE CRADIT	4	PRAC.EXTERNAL EXAM DURATION	---
TEACHING HOURS	60	TOTAL	100
COURSE CODE	--	EXAM DURATION	2.30 HOURS
COURSE TITAL	PSYCHOLOGY OF ADOLESCENCE		
TEACHING METHOD	LECTURE AND 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 Skillsના 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? ના

PO/CO (Programme/Course Outcomes)

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

1. Describe the concept, characteristics, and stages of adolescence.
2. Understand physical, cognitive, emotional, and social development during adolescence.
3. Analyze common psychological and behavioral problems faced by adolescents.
4. Identify factors affecting adolescent mental health and wellbeing.
5. Apply psychological theories and developmental principles to adolescent behavior.

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

6. Develop strategies to cope with conflict, stress, and adjustment problems during adolescence.
7. Understand gender-related psychological issues and appropriate interventions.
8. Apply counseling and intervention techniques in clinical, educational, and community settings.

PSO (Programme Specific Outcomes)

Students completing the programme will be able to:

1. Demonstrate comprehensive knowledge of adolescent growth and development.
2. Apply psychological principles and developmental theories in working with adolescents.
3. Assess and address emotional, behavioral and social issues among adolescents.
4. Use effective communication, counseling and intervention skills in school and clinical settings.
5. Critically evaluate adolescent mental health issues using scientific and ethical approaches.
6. Promote psychological wellbeing and positive youth development in society.
7. Conduct basic research related to adolescent behavior and developmental challenges.

LO (Learning Outcomes)

At the end of the course, students will:

1. Explain the developmental tasks and transitions of adolescence.
2. Recognize biological and psychological changes occurring during adolescence.
3. Identify major emotional and behavioral issues affecting adolescents.
4. Understand the role of family, peers, school, and culture in adolescent development.
5. Develop problem-solving and decision-making skills for adolescent issues.
6. Apply conflict management and coping strategies in real-life situations.
7. Understand gender sensitivity and psychological interventions for gender-related concerns.
8. Demonstrate professional attitudes and ethical understanding while dealing with adolescents.

Value Based Education

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

The study of adolescence psychology contributes to value-based education by:

1. Promoting empathy, understanding, and respect toward adolescents and their developmental needs.
2. Encouraging ethical behavior and responsible decision-making in personal and professional life.
3. Developing sensitivity toward gender equality, diversity, and inclusion.
4. Fostering emotional intelligence, patience, and effective interpersonal relationships.
5. Enhancing awareness about mental health, wellbeing, and social responsibility.
6. Encouraging positive attitudes toward conflict resolution and healthy coping mechanisms.
7. Inspiring students to support adolescent growth, self-esteem, and community wellbeing.
8. Building values of compassion, tolerance, cooperation, and respect for human dignity.

Details of Modules

Modules	Content/ Topic	Weightage and Teaching Hours
Unit: 1	તરુણાવસ્થામાં શારીરિક, જૈવિક અને આવેગાત્મક વિકાસ (Physical, Biological, and Emotional Development in Adolescence) • તરુણાવસ્થામાં થતા ફેરફારો: (Changes in Adolescence) • તરુણાવસ્થાનો સમયગાળો: (Time duration of Adolescence) • તરુણાવસ્થામાં ચિંતા: (Anxiety in Adolescence) • તરુણાવસ્થાના અભ્યાસની પદ્ધતિઓ: (Methods of Studying Adolescence) • મુગ્ધાવસ્થા / યૌવનારંભ (Puberty): (Puberty) • તરુણાવસ્થા દરમિયાન છોકરાઓમાં થતા ફેરફારો: (Changes in Boys During Adolescence) • તરુણાવસ્થા દરમિયાન છોકરીઓમાં થતા ફેરફારો: (Changes in Girls During Adolescence)	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	- તરુણાવસ્થા દરમિયાન શારીરિક ફેરફારોનું મનોવૈજ્ઞાનિક મહત્વ: (Psychological Importance of Physical Changes During Adolescence) - જાતીય વિકાસની અસર: (Effect of Sexual Development) - શરીરના ઘાટ (ફિગર) અને બાંધાની અસર: (Effect of Figure and Body) - આવેગાત્મક દબાણ: (Emotional Pressure) - તરુણાવસ્થા પર વર્તનની અસર: (Effect of Behaviour on Adolescence) - તરુણોનું વર્તન: (Behaviour of Adolescence) - શારીરિક ફેરફારોની રીતો (પ્રક્રિયા): (Methods of Physical Changes) - આંતરિક શારીરિક ફેરફારો: (Internal Bodily Changes) - શારીરિક ફેરફારોનું મનોવૈજ્ઞાનિક મહત્વ: (Psychological Importance of Bodily Changes) - તરુણાવસ્થામાં સંવેદનશીલ વર્તન: (Sensitive Behaviour in Adolescence) - તરુણાવસ્થા અભ્યાસ પદ્ધતિ: (Adolescence Study Method) - તરુણાવસ્થાની લાક્ષણિકતાઓ: (Characteristic of Adolescence) - આવેગાત્મક તીવ્રતાના કારણો: (Causes of Emotional Intensity) - અનિશ્ચિતતા અને અસલામતીની લાગણી: (Feeling of Uncertainty and Insecurity) - તરુણાવસ્થાના આવેગો: (Emotions of Adolescence) - આવેગોની અસર: (Effect of Emotions)	
Unit: 2	તરુણાવસ્થામાં રુચિઓ, સામાજિક વર્તન અને વ્યક્તિત્વની અભિવ્યક્તિ (Interests, Social Behaviour, and Personality Expression in Adolescence) - કપડાં અંગેનો રસ: (Interest Regarding Clothes) - ચહેરા (દેખાવ) અંગેનો રસ: (Interest Regarding Face)	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	• અવાજ અંગેનો રસ: (Interest Regarding Voice) • આવેગો (લાગણીઓ) અંગેનો રસ: (Interest Regarding Emotions) • ભવિષ્ય અંગેનો રસ: (Interest Regarding Future) • ભવિષ્યની (કારકિર્દીની) પસંદગી અંગેની સમસ્યાઓ: (Problems Regarding Future Selection) • સ્વાતંત્ર્યની ઈચ્છા: (Desire for Independence) • દિવાસ્વપ્નો: (Day-Dreams) • તરુણાવસ્થામાં સામાજિક રસ: (Social Interest of Adolescence) • તરુણાવસ્થામાં શોખનું (Hobby) મહત્વ: (Importance Adolescence Hobby) • વાતચીત: (Talk) • વાતચીતના પ્રકારો: (Types of Talk) • ઉજવણી: (Celebration) • ટીકા / આલોચના: (Criticizes) • બીજાને મદદ કરવી: (Helping Others) • મનોરંજનના સ્ત્રોતો: (Sources for Recreational / Entertainment) • તરુણાવસ્થામાં મનોરંજનની કેટલીક મનપસંદ રીતો: (Some Favorite Way of Entertainment in Adolescence) • તરુણાવસ્થાની ગૂઢ અથવા આંતરિક રુચિઓ: (Esoteric Interest of Adolescence) • તરુણાવસ્થામાં મનોરંજનનું મહત્વ: (Importance of Entertainment in Adolescence) • તરુણાવસ્થામાં મિત્રતા અને નેતૃત્વ: (Friendship and Leadership in Adolescence) • તરુણાવસ્થામાં મિત્રતા: (Friendship in Adolescence) • તરુણાવસ્થામાં નેતૃત્વ: (Leadership in Adolescence) • નેતૃત્વની જરૂરિયાત: (Necessity for Leadership)	
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BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	• મિત્રતામાં સફળતા અને નિષ્ફળતાના કારણો: (Reason for Success and Failures in Friendship) • તરુણોની મિત્રતાના સંદર્ભમાં માતા-પિતાની ફરજો: (Parents' Duties in Relation to Adolescence Friendship)	
Unit: 3	તરુણાવસ્થામાં સામાજિક, જાતીય અને ધાર્મિક વિકાસ (Social, Sexual, and Religious Development in Adolescence) • તરુણાવસ્થામાં મેળાવડા (સામાજિક જૂથો): (Meeting in Adolescence) • રંગ અથવા વંશને કારણે પોતાની જાતને ચડિયાતી (શ્રેષ્ઠ) સમજવી: (Due to Color or Race, Understand Yourself Bigger) • સામાજિક જૂથમાં રહેવાથી તરુણના જીવનને થતા ફાયદા: (Benefits of the Juvenile's Life by Staying in the Meeting) • તરુણાવસ્થાના સામાજિક જીવનને લગતી કેટલીક સમસ્યાઓ: (Some Problems Related to Social Life of Adolescence) • તરુણાવસ્થા દરમિયાન જાતીય બાબતો પ્રત્યેની લાગણીઓ: (Feelings About Sex Matters During Adolescence) • બાળપણથી જાતીયતા સંબંધિત આવેગાત્મક વિકાસ: (Sexuality Related Emotional Development Since Childhood) • અપરિણીત તરુણોની જાતીય સમસ્યાઓ: (Sexual Problems of Unmarried Adolescents) • ભારતીય શિક્ષિત તરુણોની દયનીય સ્થિતિ: (The Condition of Indian Educated Teenagers is Pathetic) • નવપરિણીત પતિ-પત્ની સાથે રહેવામાં આવતા અવરોધો (સમસ્યાઓ): (A Barrier to Staying with Newly Married Husband and Wife) • સૌંદર્ય પરીક્ષણ (Beauty Test): (Beauty Test) • તરુણાવસ્થામાં ધાર્મિક જાગૃતિ: (Religious Awareness in Adolescence) • અભ્યાસની પદ્ધતિઓ: (Study Methods)	25% 15 Hours

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of HUMANITES AND SOCIAL SCIENCE

Effective from June 2026

Subject: PSYCHOLOGY

SEMESTER- I (HONOURS)

	- તરુણાવસ્થામાં ધાર્મિક જાગૃતિનું સ્વરૂપ: (The Form of Religious Awareness in Adolescence) - બાળકો અને તરુણોની ધાર્મિક પ્રેરણામાં તફાવત: (The Difference in the Religious Motivation of Children and Adolescents) - ધાર્મિક જાગૃતિના કારણો: (Religious Awareness Reason)	
Unit-4	તરુણાવસ્થામાં વ્યક્તિત્વ વિકાસ, પર્યાવરણીય પ્રભાવ અને પરિપક્વતા (Personality Development, Environmental Influence, and Maturity in Adolescence) - આનુવંશિકતા (વારસા) ની અસર: (Effect of Heredity) - પર્યાવરણની અસર: (Effect of Environment) - મિત્રોની અસર: (Effect Friend) - તરુણોમાં અપરાધ કરવાની વૃત્તિ: (Adolescents' Tendency to Offend) - પૂજ્યભાવ (Adoration/Hero-worship) ના મૂળભૂત કારણો: (Basic Causes of Adoration) - પ્રેરણાત્મક કાર્ય: (Motivational Work) - તરુણાવસ્થાનું વ્યક્તિત્વ: (The Personality of Adolescence) - વ્યક્તિત્વના વિકાસ પર વિવિધ બાબતોની અસર: (The Effect of Many Things on The Development of Personality) - તરુણોની અપેક્ષાઓ અને તેમની દિશા: (Teenage Expectation and Their Direction) - શિક્ષકો, માતા-પિતા અને સામાજિક ફરજો: (Teachers, Parents and Social Duties) - પરિપક્વતા: (Maturity) - વ્યાખ્યાઓ: (Definitions) - ફાયદા અને ગેરફાયદા: (Advantages and Disadvantages) - પરિપક્વતાના પ્રકારો: (Types of Maturity)	25% 15 Hours

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

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 BKNMU of 70 Marks (4 Descriptive Questions and 2 Short notes)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 30 Marks..

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

REFERENCES BOOKS

1. Kaiser Family Foundation. (2010). Generation M2: Media in the Lives of 8- to 18-Year- Olds. 15-18.
2. Martin-Storey, A. (2015). Prevalence of dating violence among sexual minority youth: Variation across gender, sexual minority identity and gender of sexual partners. Journal of
3. Ward, L. & Friedman, K. (2006). Using TV as a Guide: Associations Between Television Viewing and Adolescents' Sexual Attitudes and Behavior. Journal of Research on Adolescence, 16, 133-156.
4. Wolf, S., Aber, J. L., & Morris, P. A. (2015). Patterns of time use among low-income, urban minority adolescents and associations with academic outcomes and problem behavior. Journal of Youth and Adolescence, 44, 1208-1225.

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

M. A. Psychology Semester-I

COURSE LEVEL	6	INTERNAL MARKS	15
PROGRAMME	M.A	EXTERNAL MARKS	35
SEMESTER	01	PRACTICAL INTERNAL	--
CATEGORY OF COURSE	SEC- 01	PRACTICAL EXTERNAL	--
COURSE CRADIT	2	PRAC.EXTERNAL EXAM DURATION	---
TEACHING HOURS	30	TOTAL	50
COURSE CODE	--	EXAM DURATION	1.15 HOURS
COURSE TITAL	APPLIED PSYCHOLOGICAL SKILL		
TEACHING METHOD	LECTURE AND DEMONSTRATION		

1. Course Outcomes દરેક વિષયની શરૂઆતમાં દર્શાવેલ છે ?હા
2. Employability/Entrepreneurship/Skill Development પ રકેન્દ્રિત થયેલ છે કે નહિ ?હા
3. Value added Courses Imparting Transferable and Life Skillsના 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 સિસ્ટમ (IKS) પર આધારિત વિષય છે ? હા

PO/CO (Programme/Course Outcomes)

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

1. Explain the basic concepts and scope of applied psychology.
2. Identify factors influencing human behavior, personality, and emotions.
3. Apply communication and interpersonal skills effectively in daily life.
4. Demonstrate stress management and emotional regulation techniques.

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

5. Develop self-confidence, motivation, and positive thinking abilities.
6. Practice problem-solving and decision-making using psychological approaches.
7. Exhibit ethical values, empathy, and social sensitivity in interactions.
8. Develop an understanding of fundamental psychological concepts, theories, and applications in daily life.
9. Apply psychological principles to improve interpersonal relationships, communication, and emotional well-being.
10. Demonstrate problem-solving, critical thinking, and decision-making skills in personal and professional contexts.
11. Enhance self-awareness, stress management, and coping strategies through psychological techniques.
12. Promote ethical behavior, empathy, and social responsibility in individual and group settings.
13. Utilize psychological skills for leadership, teamwork, and conflict resolution.
14. Integrate psychological knowledge with real-life situations for holistic personality development.

PSO (Programme Specific Outcomes)

1. Understand the practical applications of psychology in education, workplace, family, and society.
2. Develop counseling, communication, and interpersonal skills for effective human interaction.
3. Apply behavioral and cognitive techniques to manage stress, emotions, and motivation.
4. Demonstrate the ability to analyze human behavior and respond appropriately in different situations.
5. Build positive attitudes, resilience, and adaptability for personal and career growth.
6. Use psychological skills to enhance learning, productivity, and mental well-being.

LO (Learning Outcomes)

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

Students will gain the ability to:

- (1) Understand psychological principles and their practical applications.
- (2) Improve self-awareness and emotional intelligence.
- (3) Communicate effectively in personal and professional environments.
- (4) Manage stress, anxiety, and interpersonal conflicts constructively.
- (5) Build teamwork, leadership, and motivational skills.
- (6) Demonstrate critical thinking and analytical abilities in behavioral situations.
- (7) Develop healthy attitudes and habits for lifelong learning and well-being.

Value-Based Education

The course promotes the following values among learners:

1. Understanding and respecting others' feelings and perspectives.
2. Practicing honesty, integrity, and fairness in behavior.
3. Developing control over emotions and actions.
4. Appreciating cultural, social, and individual differences.
5. Encouraging optimism, resilience, and healthy living.
6. Contributing positively to society through cooperative and ethical behavior.
7. Cultivating continuous self-improvement and personal growth.

Details of Modules

Mod ules	Content/ Topic	Weig htage and Teac hing Hour s
Uni t: 1	મનોવૈજ્ઞાનિક પરીક્ષણ કૌશલ્યો અને વાસ્તવિક પરિસ્થિતિમાં વ્યાવહારિક મનોવિજ્ઞાન (Psychological Testing Skills and Applied Psychology in Real Settings)	25 % 15

BHAKTA KAVI NARSINH MEHTA UNIVERSITY

Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020

Faculty of **HUMANITES AND SOCIAL SCIENCE**

Effective from June 2026

Subject: **PSYCHOLOGY****SEMESTER- I (HONOURS)**

	- મનોવૈજ્ઞાનિક મૂલ્યાંકનનો પરિચય (Introduction to psychological assessment) - મૂળભૂત કસોટીઓનું સંચાલન (બુદ્ધિ, વ્યક્તિત્વ, મનોવલણ) (Administration of basic tests - intelligence, personality, Attitude) - ગુણાંકન અને અર્થઘટન (Scoring and interpretation) - અહેવાલ લેખનના પાયાના સિદ્ધાંતો (Report writing basics) - મનોવિજ્ઞાનના વિનિયોગ (ઉપયોગો) (Psychology applications) - સામાજિક મનોવિજ્ઞાનના પાયાના ખ્યાલો (Social psychology basics) - સમુદાયમાં માનસિક સ્વાસ્થ્ય જાગૃતિ (Mental health awareness in community) - મનોભાર (તણાવ) વ્યવસ્થાપનની પ્રયુક્તિઓ (Stress management techniques)	Hours
	- પ્રાયોગિક કાર્ય (Practical): - કોઈપણ ૨ પ્રમાણિત કસોટીઓનું સંચાલન કરવું અને તેના અહેવાલો તૈયાર કરવા (Administer any 2 standardized tests and prepare reports) - ક્ષેત્ર મુલાકાત (ફીલ્ડ વિઝિટ) અહેવાલ (Field visit report)	
Unit: 2	જીવન કૌશલ્યો અને મનોવૈજ્ઞાનિક સુખાકારી (Life Skills and Psychological Well-being) - આવેગાત્મક બુદ્ધિ (Emotional intelligence) - મનોભાર અને તેનો સામનો કરવાની વ્યૂહરચનાઓ (Stress and coping strategies)	25 % 15 Hours

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

	• નિર્ણય પ્રક્રિયા અને સમસ્યા ઉકેલ (Decision-making and problem-solving) • સજાગતા (માઇન્ડફુલનેસ) અને વિધાયક મનોવિજ્ઞાનના સ્વાધ્યાય/કવાયત (Mindfulness and positive psychology exercises)	
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Pedagogical Tools:

- Classroom Lecture • Problem Solving • Tutorial • Group Discussion
- Seminar • Case Studies • Role Play • Field Work • Hospital Visit

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

External: Annual Examination will be conducted by the BKNMU of 35 Marks (2 Descriptive Questions and 1 Short notes)

Internal: Following Tools for Evaluating performance of the students can be used. Total weightage for the Internal Examination 15 Marks.

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

Reference Books

1. Atkinson, R. L., Atkinson, R. C., Smith, E. E., Bem, D. J., & Nolen-Hoeksema, S. (2012). Hilgard's introduction to psychology (16th ed.). Cengage Learning.
2. Baron, R. A., Branscombe, N. R., & Byrne, D. (2018). Social psychology (14th ed.). Pearson Education.
3. Carr, A. (2011). Positive psychology: The science of happiness and human strengths (2nd ed.). Routledge.
4. Ciccarelli, S. K., & White, J. N. (2021). Psychology (6th ed.). Pearson Education.
5. Cohen, R. J., Swerdlik, M. E., & Phillips, S. M. (2022). Psychological testing and assessment: An introduction to tests and measurement (10th ed.). McGraw-Hill Education.
6. Corey, G. (2016). Theory and practice of counseling and psychotherapy (10th ed.). Cengage Learning.

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

7. Feldman, R. S. (2019). Understanding psychology (15th ed.). McGraw-Hill Education.
8. Goleman, D. (2006). Emotional intelligence: Why it can matter more than IQ (10th anniversary ed.). Bantam Books.
9. Gregory, R. J. (2015). Psychological testing: History, principles, and applications (7th ed.). Pearson Education.
10. Kabat-Zinn, J. (2013). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness (Revised ed.). Bantam Books.
11. Kaplan, R. M., & Saccuzzo, D. P. (2017). Psychological testing: Principles, applications, and issues (9th ed.). Cengage Learning.
12. Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (2013). Introduction to psychology (7th ed.). McGraw-Hill Education.
13. Myers, D. G., & Twenge, J. M. (2021). Social psychology (14th ed.). McGraw-Hill Education.
14. Singh, A. K. (2017). Tests, measurements and research methods in behavioural sciences (6th ed.). Bharati Bhawan Publishers.
15. Singh, Y. K. (2013). Life skills education. APH Publishing Corporation.
16. Taylor, S. E. (2018). Health psychology (10th ed.). McGraw-Hill Education.
17. World Health Organization. (2022). World mental health report: Transforming mental health for all. World Health Organization.

BHAKTA KAVI NARSINH MEHTA UNIVERSITY
Syllabus of M.A. PSYCHOLOGY (Honors) as per NEP-2020
Faculty of HUMANITES AND SOCIAL SCIENCE
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SEMESTER- I (HONOURS)

Structure of the External Question Paper (4 Credits)

Q. No.	Question Type	Units Covered	Set Marks Each	Total Marks of each question	Total marks
1	Long Answer / Essay Type	Unit 1	A or B	14	70
2	Long Answer / Essay Type	Unit 2	A or B	14	
3	Long Answer / Essay Type	Unit 3	A or B	14	
4	Long Answer / Essay Type	Unit 4	A or B	14	
5	Short Notes	All Units	2 out of 4	14	

Structure of the External Question Paper (2 Credits)

Q. No.	Question Type	Units Covered	Set Marks Each	Total Marks of each question	Total marks
1	Long Answer / Essay Type	Unit 1	A or B	14	35
2	Long Answer / Essay Type	Unit 2	A or B	14	
5	Short Notes	All Units	1 out of 2	07	