

Re-Accredited 'B++' 2.86 CGPA by NAAC

VEER NARMAD SOUTH GUJARAT UNIVERSITY

University Campus, Udhna-Magdalla Road, SURAT - 395 007, Gujarat, India.

વીર નર્મદ દક્ષિણ ગુજરાત યુનિવર્સિટી

યુનિવર્સિટી કેમ્પસ, ઉદ્ધના-મગદલા રોડ, સુરત - ૩૯૫ ૦૦૭, ગુજરાત; ભારત.

Tel : +91 - 261 - 2227141 to 2227146, Toll Free : 1800 2333 011, Digital Helpline No.- 0261 2388888

E-mail : info@vnsgu.ac.in, Website : www.vnsgu.ac.in

સંદર્ભ: યુનિવર્સિટી કાર્યાલયનાં તા.૨૨/૦૫/૨૦૨૫, પરિપત્ર ક્રમાંક:ઓથો./પરિપત્ર/૧૧૮૩૯/૨૦૨૫.

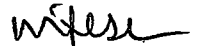
-: પરિપત્ર :-

યુનિવર્સિટી સંલગ્ન વિનયન વિદ્યાશાખા હેઠળની તમામ કોલેજોનાં આચાર્યશ્રીઓને જણાવવાનું કે, શૈક્ષણિક વર્ષ ૨૦૨૫-૨૬ થી અમલમાં આવનાર T.Y.B.A. Psychology Sem.-5 & 6 નો Major અને Minor નાં અભ્યાસક્રમ અંગે યુનિવર્સિટી કાર્યાલય દ્વારા તા.૨૨/૦૫/૨૦૨૫, પરિપત્ર ક્રમાંક:ઓથો./પરિપત્ર/૧૮૩૯/૨૦૨૫ થી પરિપત્રિત કરવામાં આવેલ અભ્યાસક્રમમાં સેમ.૫ મેજર પેપર-૧૩ અને સેમ. ૬ મેજર પેપર-૧૬ માં પ્રયોગોની યાદી સુધારો કરી ચેરમેનશ્રીએ અભ્યાસ સમિતિની વતી મંજૂર કરી વિદ્યાશાખાને કરેલ ભાલમણ વિનયન વિદ્યાશાખાના અધ્યક્ષશ્રીએ વિનયન વિદ્યાશાખા વતી મંજૂર કરેલ છે અને એકેડમિક કાઉન્સિલની તા.૨૪/૧૨/૨૦૨૪ ની સભાનાં ઠરાવ ક્રમાંક:૩૫૩ અન્વયે માનનીય કુલપતિશ્રીને આપેલ સત્તા અંતર્ગત એકેડમિક કાઉન્સિલ વતી માન. કુલપતિશ્રીએ મંજૂર કરેલ છે. જે સંદર્ભ સદર સુધારા સાથેનો T.Y. B.A. Psychology Sem.-5 & 6 નો Major, Minor નો અભ્યાસક્રમ આ સાથે સામેલ છે. જેનો અમલ કરવા આથી જાણ કરવામાં આવે છે.

બિડાણ: ઉપર મુજબ

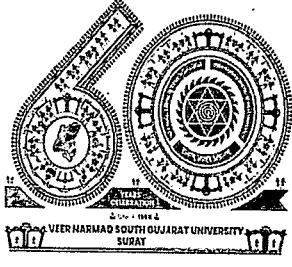
ક્રમાંક:ઓથો./પરિપત્ર/૧૪૭૮૭/૨૦૨૫

તા.૧૬-૦૬-૨૦૨૫


કુલસચિવ

પ્રતિ,

- ૧) યુનિવર્સિટી સંલગ્ન વિનયન વિદ્યાશાખા હેઠળની તમામ કોલેજોનાં આચાર્યશ્રીઓ.
.....આપશ્રીની કોલેજના સંબંધિત શિક્ષકોને જાણ કરી અમલ કરવા સારૂ.
- ૨) ડીનશ્રી, વિનયન વિદ્યાશાખા.
- ૩) પરીક્ષા નિયામકશ્રી, પરીક્ષા વિભાગ, વીર નર્મદ દ. ગુ. યુનિવર્સિટી, સુરત.
.....તરફ જાણ તેમજ અમલ સારૂ.



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યુનિવર્સિટી કેમ્પસ, ઉદ્ધના-મગદલ્લા રોડ, સુરત - ૩૯૫ ૦૦૭, ગુજરાત, ભારત.

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બિડાણ: ઉપર મુજબ

ક્રમાંક:ઓથો./પરિપત્ર/૧૧૮૩૯/૨૦૨૫
તા.૨૨-૦૫-૨૦૨૫

W. J. J.
કુલસચિવ

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- ૨) ડીનશ્રી, વિનયન વિદ્યાશાખા.
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.....તરફ જાણ તેમજ અમલ સારું.

211-20
2021-11

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

PROGRAMME NAME : BACHERLOR OF ARTS SEMESTER V & VI (MAJOR-MINOR)

AS PER NEP 2020

ABOUT PROGRAMME :

A Bachelor's Degree in Psychology is an undergraduate program that explores the scientific study of behavior and mental processes. It combines theoretical knowledge with practical applications to help students understand how individuals think, feel, and behave. Obejctives of this Programme are mention below.

- 1 To provide a strong foundation in the core areas of psychology.
- 2 To develop critical thinking, analytical, and research skills.
- 3 To understand psychological theories and their practical applications.
- 4 To promote awareness of mental health and well-being.
- 5 To prepare students for higher education, research, or entry-level careers in psychology-related fields.

STRUCTURE																	
COURSE CATEGORY	COURSE CODE	COURSE TITLE	MARKSHEET TITLE IN ENGLISH		LEVEL OF COURSE	TEACHING HOURS/WEEK		EXAM DURATION		CREDIT		INTERNAL MARKS		EXTERNAL MARKS		TOTAL	
						TH	PR	TH	PR	TH	PR	TH	PR	TH	PR	TH	PR
		B.A. SEM. V (MAJOR)	MAJOR-11	INDIAN PSYCHOLOGY INTRODUCTION AND PSYCHOLOGICAL STATISTICS – I	UG	4		2		4		50		50		100	0
			MAJOR-12(A)	INTRODUCTION TO PSYCHOPATHOLOGY	UG	4		2		4		50		50		100	0
			Major- 12 (B)	INTRODUCTION OF INDUSTRIAL PSYCHOLOGY	UG	4		2		4		50		50		100	0
			Major- 13	EXPERIMENTAL PSYCHOLOGY (PRACTICAL'S)-I	UG		4*		3		4		50		50	0	100
		B.A. SEM. V (MINOR)	MINOR - 4	INTRODUCTION COUNSELLING PSYCHOLOGY	UG	4		2		4		50		50		100	0
			MINOR - 5	INDUSTRIAL PSYCHOLOGY	UG	4		2		4		50		50		100	0
		B.A. SEM. VI (MAJOR)	MAJOR - 14	PROCESS OF INDIAN PSYCHOLOGY AND PSYCHOLOGICAL STATISTICS-II	UG	4		2		4		50		50		100	0
			Major- 15 (A)	PSYCHOPATHOLOGY	UG	4		2		4		50		50		100	0
			Major- 15 (B)	INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY	UG	4		2		4		50		50		100	0
			Major- 16	EXPERIMENTAL PSYCHOLOGY (PRACTICAL'S)-II	UG		4*		3		4		50		50	0	100
		B.A. SEM. VI (MINOR)	MINOR - 6 (A)	COUNSELLING PSYCHOLOGY	UG	4		2		4		50		50		100	0
			MINOR - 6 (B)	STRESS MANAGEMENT	UG	4		2		4		50		50		100	0

NOTES FOR PRACTICAL :
4 LECTURE PER BATCH*
1 BATCH = 20 STUDENTS*

DEPARTMENT OF PSYCHOLOGY
Board of Studies in Psychology
New Syllabus as per NEP -2020
W.E.F. - Academic Year : 2025-26
Subject : Psychology

B.A. SEM 5 MAJOR

SR.NO.	PAPER NO.	PAPER NAME
1	MAJOR - 11	INDIAN PSYCHOLOGY INTRODUCTION AND PSYCHOLOGICAL STATISTICS - I ભારતીય મનોવિજ્ઞાન પરિચય અને આંકડાશાસ્ત્ર - ૧
2	Major- 12 (A)	Introduction to Psychopathology મનોવિકાર વિજ્ઞાનનો પરિચય
3	Major- 12 (B)	Introduction of Industrial Psychology ઔદ્યોગિક મનોવિજ્ઞાનનો પરિચય
4	Major- 13	Experimental Psychology (Practical's)-I પ્રાયોગિક મનોવિજ્ઞાન (પ્રેક્ટીકલ) - ૧

B.A. SEM 5 MINOR

SR.NO.	PAPER NO.	PAPER NAME
1	MINOR - 4	INTRODUCTION COUNSELLING PSYCHOLOGY સલાહ મનોવિજ્ઞાનનો પરિચય
2	MINOR - 5	Industrial Psychology ઔદ્યોગિક મનોવિજ્ઞાન

B.A. SEM 6 MAJOR

SR.NO.	PAPER NO.	PAPER NAME
1	MAJOR - 14	PROCESS OF INDIAN PSYCHOLOGY AND PSYCHOLOGICAL STATISTICS-II ભારતીય મનોવિજ્ઞાન પરિચય અને આંકડાશાસ્ત્ર - ૨
2	Major- 15 (A)	Psychopathology મનોવિકાર વિજ્ઞાન
3	Major- 15 (B)	Industrial and Organizational Psychology ઔદ્યોગિક અને સંગઠનનું મનોવિજ્ઞાન
4	Major- 16	Experimental Psychology (Practical's)-II પ્રાયોગિક મનોવિજ્ઞાન (પ્રેક્ટીકલ) - ૨

B.A. SEM 6 MINOR

SR.NO.	PAPER NO.	PAPER NAME
1	MINOR - 6 (A)	COUNSELLING PSYCHOLOGY સલાહ મનોવિજ્ઞાન
2	MINOR - 6 (B)	STRESS MANAGMENT તણાવ વ્યવસ્થાપન

ANNEXURE - 1

PROGRAM OUTCOME, PROGRAM SPECIFIC & COURSE OUTCOME

PROGRAM NAME : BACHERLOR OF ARTS SEMESTER V (MAJOR-MINOR)

ACADEMIC YEAR : 2025-2026

PROGRAM OUTCOME :

1	Knowledge of Psychological Concepts :
	Understand major theories, concepts, and historical trends in psychology.
	Demonstrate familiarity with the biological, cognitive, developmental, and social bases of behavior.
2	Research Skills :
	Apply scientific methods to psychological questions.
	Design, conduct, analyze, and interpret psychological research using statistical tools.
3	Critical Thinking :
	Use critical and creative thinking, skeptical inquiry, and scientific approaches to solve problems related to behavior and mental processes.
4	Ethical and Social Responsibility :
	Understand and apply ethical standards in psychological practice and research.
	Recognize and respect diversity and multicultural perspectives.
5	Communication Skills :
	Communicate effectively in writing and orally, especially in presenting psychological concepts and research findings.
	Demonstrate competence in professional writing and APA formatting.
6	Application of Psychology :
	Apply psychological principles to personal, social, and organizational issues.
	Understand how psychological knowledge can be applied in real-world settings like mental health, education, or business.
7	Professional Development :
	Develop self-awareness and insight into one's own behavior and mental processes.
	Prepare for graduate study or employment in psychology-related fields through internships or capstone projects.

PROGRAM SPECIFIC OUTCOME :

PSO 1	Theoretical Knowledge and Application
	Demonstrate a comprehensive understanding of psychological theories, principles, and concepts and apply them to analyze human behavior in diverse contexts.
PSO 2	Research Skills
	Design, conduct, and analyze psychological research using appropriate methodologies, ethical practices, and statistical tools.
PSO 3	Psychological Assessment and Intervention
	Administer, score, and interpret psychological assessments and develop intervention strategies to address individual and group issues.
	Ethical and Professional Practice

PSO 5	Communication and Interpersonal Skills
	Effectively communicate psychological concepts and findings in written, oral, and digital formats, and develop strong interpersonal skills for client interaction.
PSO 6	Community and Mental Health Awareness
	Promote mental health awareness and contribute to the well-being of individuals and communities through outreach, counseling, and psychoeducation.

COURSE OUTCOME (SUBJECT WISE) :

SEMESTER : B.A. SEM. V (MAJOR)		
NO.	COURSE CODE	MAJOR-11
	SUBJECT TITLE	INDIAN PSYCHOLOGY INTRODUCTION AND PSYCHOLOGICAL STATISTICS – I
	SUBJECT OUTCOME :	
1	TO DEVELOP AWARENESS TOWARDS VARIOUS CONCEPTS OF INDIAN PSYCHOLOGY	
2	TO BRING AWARENESS ABOUT DIFFERENCE BETWEEN INDIAN PSYCHOLOGY AND MODERN PSYCHOLOGY	
3	TO TRAIN STUDENTS FOR THE METHODS OF INDIAN PSYCHOLOGY.	
4	TO DEVELOP SKILLS OF STATISTICAL ANALYSIS AND BASIC MEASURES OF CENTRAL TENDENCY.	
5	TO TRAIN STUDENTS FOR STATISTICAL CALCULATIONS FOR RESEACH STUDIES IN FIELD OF PSYCHOLOGY.	

SEMESTER : B.A. SEM. V (MAJOR)		
NO.	COURSE CODE	MAJOR-12(A)
	SUBJECT TITLE	INTRODUCTION TO PSYCHOPATHOLOGY
	SUBJECT OUTCOME :	
1	TO DEVELOP SCIENTIFIC TEMPERAMENT.	
2	TO MAKE AWARE ONESELF ABOUT NORMAL AND ABNORMAL BEHAVIOR.	
3	TO TRAIN STUDENTS FOR CLINICAL INTERVIEW, CLINICAL TESTING AND PROJECTIVE TEST.	
4	TO MAKE ONESELF AWARE TO HIS OWN PROBLEMS.	
5	TO BRING AWARENESS FOR SOCIETY ABOUT BAD EFFECTS OF FAULTY PARENTING AND ILLOGICAL THINKING.	
6	TO DEVELOP SCIENTIFIC ATTITUDE TOWARDS MENTAL ILLNESS.	
7	TO DIVERT ONESELF TOWARDS POSITIVE AND HUMANISTIC FACTORS.	
8	TO TRAIN STUDENTS FOR DIAGNOSIS OF MENTAL ILLNESS.	
9	TO PROVIDE PROTECTIVE SHIELD FOR STUDENTS FROM PHOBIAS AND ANXIETY.	
10	TO DIVERT STUDENTS FROM SUICIDAL TENDENCY TO HEALTHY SOCIAL AND PERSONAL LIFE.	
11	TO TRAIN STUDENTS FOR MENTAL AND QUALITATIVE MEASUREMENT.	

SEMESTER : B.A. SEM. V (MAJOR)		
NO.	COURSE CODE	MAJOR-12(B)
	SUBJECT TITLE	INTRODUCTION OF INDUSTRIAL PSYCHOLOGY
	SUBJECT OUTCOME :	
1	TO AWARE STUDENTS ABOUT RELATION BETWEEN PSYCHOLOGY AND INDUSTRY AS WELL AS ORGANIZATION.	
2	TO DEVELOP INSIGHT OF JOB-ANALYSIS, JOB DISCRPTION AND JOB SPECIFICATION.	
3	TO MAKE LEARN ABOUT EMPLOYEE SELECTION METHODS AND PROCESS.	
4	TO DEVELOP SKILL OF USES OF PSYCHOLOGICAL TESTS.	
5	TO CREAT INSIGHT ABOUT ADVANTAGES AND DISADVANTAGE OF PSYCHOLOGICAL TEST.	
6	TO AWARE STUDENT ABOUT CONCEPT OF ENGINEERING PSYCHOLOGY.	
7	TO MAKE LEARN ABOUT INDUSTRIAL ACCIDENTS AND INDUSTRIAL SAFTY PROGRAM.	

SEMESTER : B.A. SEM. V (MAJOR)		
NO.	COURSE CODE	MAJOR-13
	SUBJECT TITLE	EXPERIMENTAL PSYCHOLOGY (PRACTICAL'S)-I
	SUBJECT OUTCOME :	
1	TO DEVELOP SCIENTIFIC TEMPERAMENT.	
2	TO MAKE AWARE STUDENTS TOWARDS EXPERIMENTAL PROCESS.	
3	TO UNDERSTAND PSYCHOLOGICAL THEORIES THROUGH SCIENTIFIC EXPERIMENT.	
4	TO TRAIN STUDENT TO PERFORM SCIENTIFIC EXPERIMENT.	
5	TO STUDY PAST IMPORTANT EXPERIMENTS AND LEARN FROM IT.	

SEMESTER : B.A. SEM. V (MINOR)		
NO.	COURSE CODE	MINOR-4
	SUBJECT TITLE	INTRODUCTION COUNSELLING PSYCHOLOGY
	SUBJECT OUTCOME :	
1	TO STUDY BASIC CONCEPTS OF COUNSELLING PSYCHOLOGY.	
2	TO UNDERSTAND THE BASIC METHODS OF COUNSELLING.	
3	TO LEARN VARIOUS FIELDS OF COUNSELLING.	
4	TO STUDY THE CHARATERSTICS OF COUNSELLER.	
5	TO UNDERSTAND THE WHOLE PROCESS OF COUNSELLING.	
6	TO STUDY THE PROBLEMS OF ADULT IN INDIA.	
7	TO LEARN NEED OF COUNSELLING IN INDIA AND PROBLEMS OF INDIAN STUDENTS.	

SEMESTER : B.A. SEM. V (MINOR)		
NO.	COURSE CODE	MINOR-5
	SUBJECT TITLE	INDUSTRIAL PSYCHOLOGY
	SUBJECT OUTCOME :	
1	TO AWARE STUDENTS ABOUT RELATION BETWEEN PSYCHOLOGY AND INDUSTRY/ORGANIZATION.	
2	TO DEVELOP INSIGHT OF BASIC PRINCIPLES OF INDUSTRIAL PSYCHOLOGY.	
3	TO TRAIN STUDENTS FOR JOB ANALYSIS AND INDUSTRIAL SAFETY.	
4	TO AWARE STUDENTS FOR WORK ENVIRONMENT AND FACTORS AFFECTING ON FATIGUE.	
5	TO UNDERSTAND JOB SATISFACTION AND CHARACTERISTICS OF SATISFIED WORKERS.	

SIGNATURE OF THE HEAD

[Subject code-2501001205010601]

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B. A. (PSYCHOLOGY) SEMESTER - V

PROGRAMME/CLASS : DEGREE	YEAR : THIRD	SEMESTER : V
SUBJECT : PSYCHOLOGY		
COURSE CODE:	COURSE TITLE : INDIAN PSYCHOLOGY INTRODUCTION AND PSYCHOLOGICAL STATISTICS - I (ભારતીય મનોવિજ્ઞાન પરિચય અને આંકડાશાસ્ત્ર - ૧)	
COURSE CREDIT : 4	COURSE CATEGORY : MAJOR - 11	
TEACHING HOURS : 60 (HOURS)	TOTAL MARKS : 100 (50+50)	
TOTAL NO. OF LECTURES - TUTORIALS - PRACTICAL (IN HOURS PER WEEK) :		
L - T - P : 4 - 0 - 0		

NOTE :

UNIVERSITY EXAM	: 50
INTERNAL EXAM	: 50
TOTAL	: 100

DISTRIBUTION OF MARKS :

1 - INDIAN PSYCHOLOGY	-25
1 - PSYCHOLOGICAL STATISTICS	-25

COURSE OUTCOMES :

- 1 TO DEVELOP AWARENESS TOWARDS VARIOUS CONCEPTS OF INDIAN PSYCHOLOGY
- 2 TO BRING AWARENESS ABOUT DIFFERENCE BETWEEN INDIAN PSYCHOLOGY AND MODERN PSYCHOLOGY
- 3 TO TRAIN STUDENTS FOR THE METHODS OF INDIAN PSYCHOLOGY.
- 4 TO DEVELOP SKILLS OF STATISTICAL ANALYSIS AND BASIC MEASURES OF CENTRAL TENDENCY.
- 5 TO TRAIN STUDENTS FOR STATISTICAL CALCULATIONS FOR RESEACH STUDIES IN FIELD OF PSYCHOLOGY.

DETAILS OF MODULES

MODULES	CONTENT/TOPIC	WEIGHTAGE AND TEACHING HOURS
INDIAN PSYCHOLOGY INTRODUCTION - I (ભારતીય મનોવિજ્ઞાન પરિચય - ૧)		
UNIT - I	INDIAN PSYCHOLOGY SUBJECT ENTRY (ભારતીય મનોવિજ્ઞાન વિષય પ્રવેશ) <ul style="list-style-type: none">● INTRODUCTION (પ્રસ્તાવના)● PSYCHOLOGY DEVELOPMENT, ORIGIN OF INDIAN NATURE, FIELD OF STUDY (ભારતીય મનોવિજ્ઞાનનો ઉદભવ, વિકાસ, સ્વરૂપ, અભ્યાસ ક્ષેત્ર)● INDIAN PSYCHOLOGY AND MODERN RELIGION PSYCHOLOGY (ભારતીય મનોવિજ્ઞાન અને આધુનિક ધર્મ મનોવિજ્ઞાન)● NORMATIVE IN INDIAN PSYCHOLOGY AND METHODS OF INDIAN PSYCHOLOGY (ભારતીય મનોવિજ્ઞાનમાં પ્રમાણ વિચાર અને ભારતીય મનોવિજ્ઞાનની પદ્ધતિઓ)● INDIAN PSYCHOLOGY CLASSICAL STRUCTURE (ભારતીય મનોવિજ્ઞાનની શાસ્ત્રીય સંરચના)● DIFFERENCE BETWEEN INDIAN PSYCHOLOGY AND MODERN PSYCHOLOGY (ભારતીય મનોવિજ્ઞાન અને આધુનિક મનોવિજ્ઞાન વચ્ચેનો તફાવત)	25% 15 HOURS

UNIT - II	MENTAL ACTIONS (માનસિક ક્રિયાઓ) <ul style="list-style-type: none"> ● INTRODUCTION (પ્રસ્તાવના) ● THE BASIS OF MENTAL ACTIONS (માનસિક ક્રિયાઓનો આધાર) ● WHY MENTAL ACTIONS ? (માનસિક ક્રિયાઓ શા માટે?) ● ATTENTION, PERCEPTION (પ્રત્યક્ષીકરણ, ધ્યાન) ● INFAMY AND DISBELIEF (પ્રમા અને અપ્રમાવૃત્તિ) ● EMOTION, THINKING, IMAGINATION, MEMORY (આવેગ, વિચાર, કલ્પના, સ્મૃતિ) ● JOY, SORROW, HAPPINESS (સુખ, દુઃખ, આનંદ) ● ITS METHODS (તેની પદ્ધતિઓ) 	25% 15 HOURS
PSYCHOLOGICAL STATISTICS - I (આંકડાશાસ્ત્ર - ૧)		
UNIT - III	[1] STATISTICS AND MEASUREMENT (આંકડાશાસ્ત્ર અને માપન) <ol style="list-style-type: none"> (1) DEFINITION (આંકડાશાસ્ત્રની વ્યાખ્યા) (2) IMPORTANCE OF STATISTICS IN PSYCHOLOGY (મનોવિજ્ઞાનમાં આંકડાશાસ્ત્રનું મહત્વ - ઉપયોગ) (3) MEANING AND TYPE OF SCORES (પ્રાપ્તિઓનો અર્થ અને પ્રકાર) (4) ACCURACY IN STATISTICS COMPUTATION (સંખ્યાકીય ગણતરીમાં ચોકસાઈ) [2] FREQUENCY DISTRIBUTION (આવૃત્તિ વિતરણ) <ol style="list-style-type: none"> (1) DEFINITION, IMPORTANCE AND TYPES OF CLASSIFICATION (વર્ગીકરણની વ્યાખ્યા, ઉપયોગિતા અને પ્રકારો) (2) DISCRETE SERIES AND CONTINUOUS SERIES (ખંડિત અને અખંડિત શ્રેણી પ્રમાણે આવૃત્તિ વિતરણ) (3) MEANING OF VARIOUS WORDS - FREQUENCY, CLASS, CLASS LIMITS, CLASS INTERVAL, MID-VALUE ETC. (વિવિધ શબ્દોનો અર્થ - આવૃત્તિ, વર્ગ, વર્ગસીમાઓ, વર્ગ લંબાઈ, મધ્યકિંમત વગેરે) (4) GRAPHICS METHODS OF PRESENTATION TYPE OF GRAPH (આલેખ પદ્ધતિઓ) <ol style="list-style-type: none"> 1. HISTOGRAM OR COLUMN DIAGRAM, (સ્તંભાલેખ) 2. FREQUENCY POLYGON, (આવૃત્તિ બહુકોણ) 3. FREQUENCY CURVE, (આવૃત્તિ વક્ર) 4. CUMULATIVE FREQUENCY CURVE. (સંચયી આવૃત્તિ - વક્ર) 	25% 15 HOURS
UNIT - IV	[1] MEASURE OF CENTRAL TENDENCY <ol style="list-style-type: none"> (1) MEAN (LONG AND SHORT METHODS OF COMPUTING THE MEAN) [મધ્યક/સરાસરી (મધ્યકની ગણતરી કરવાની લાંબી અને ટૂંકી પદ્ધતિઓ)] (2) MEDIAN (મધ્યસ્થ) (3) MODE (બહુલક) (4) USES OF MEASURES OF CENTRAL TENDENCY (મધ્યવર્તી સ્થિતિના માપોનો ઉપયોગ) [2] QUANTILES, DECILES AND PERCENTILES <ol style="list-style-type: none"> (1) QUANTILES (Q) (ચતુર્થકો) (2) DECILES (D) (દશાંશકો) (3) PERCENTILES (P) (શતાંશકો) 	25% 15 HOURS

Reading

- 1 R. and Sharma, R. Sharma. (2005). Indian Psychology. New Delhi : Atlantic Publishers and Distrubutors.
- 2 Bhandev. (2003). Indian Psychology. Rajkot : Amrut Prakashan. P., Dvivedi, M.N. (1890). The Yoga-Sutra of Patanjali. Indian: R. Tukaram
- 3 Guilford J.P. 'Fundamental Statistics in Psychology and Education, New York, Graw Hill Book Co., Inc. 1956
- 4 Garrett H.E. 'Elementary Statistics New York, Langmans Green & Com.
- 5 Dowhie N.M. and Health R.V. 'Basic Statistics', Anada Prakashan, Ahemedabad.
- 6 Ujamshi Kapadiya, Shah & Patel
Methodology in Psychology with Statistics', Anada Prakashan, Ahmedabad.

[Subjct code-2501001205020602]

VEER NARMAD SOUTH GUJARAT UNIVERSITY,
SURAT

B.A. Semester-V Subject: Psychology

Programme/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code:	Course Title: Introduction to Psychopathology	
Course Credit:4	Course Type: Major- 12 (A)	
Teaching Hours: 60 (Hours)	Total Marks: 100 (50+50)	
Teaching Methodology: Lecture & Demonstration		

SEMESTER:	05 MAJOR
COURSE (SUBJECT) CODE	Paper - 12 (A)
SUBJECT TITLE	Introduction to Psychopathology
COURSE OUTCOMES	<ul style="list-style-type: none"> ▪ To develop scientific temperament. ▪ To make aware oneself about normal and abnormal behavior. ▪ To train students for clinical interview, clinical testing and projective test. ▪ To make oneself aware to his own problems. ▪ To bring awareness for society about bad effects of faulty parenting and illogical thinking. ▪ To develop scientific attitude towards mental illness. ▪ To divert oneself towards positive and humanistic factors. ▪ To train students for diagnosis of mental illness. ▪ To provide protective shield for students from phobias and Anxiety. ▪ To divert students from suicidal tendency to healthy social and personal life. ▪ To train students for mental and qualitative measurement.

Course Detail

Modules	Content/Topic	Weightage and Teaching Hours
Unit-1 Introductions to psychopathology મનોવિકારવિજ્ઞાન પરિચય	1- Introductions to psychopathology: મનોવિકારવિજ્ઞાન પરિચય 1.1 The concept of normal and abnormal behavior, સાધારણ અને અસાધારણ વર્તનનો ખ્યાલ 1.2 Nature of psychopathology, મનોવિકારવિજ્ઞાનનું સ્વરૂપ 1.3 Importance of psychopathology, મનોવિકારવિજ્ઞાનનું મહત્વ 1.4 Norms of understanding abnormal behavior 1.1 અસાધારણ વર્તન સમજવાના ધોરણો 1.5 Signs and symptoms of Mental disorder: Delusions, Hallucinations, obsessions, compulsions, Regression, memory disorder, Emotional disturbance, Lack of insight માનસિક વિકૃતિના લક્ષણો - ભ્રમો, વિભ્રમો, અનિવાર્ય મનોદબાણ અને ક્રિયાદબાણ, પ્રત્યાગતિ, સ્મરણશક્તિના વિકારો, આવેગાત્મક ખલેલો, આંતરવ્રષ્ટિનો અભાવ	25 % 15 Hours
Unit - 2 Psychological Models of psychopathology મનોવિકારવિજ્ઞાનના પ્રતિમાનો	2. Psychological Models of psychopathology: મનોવિકારવિજ્ઞાનના પ્રતિમાનો: 2.1 Psychodynamic model, મનોવિશ્લેષણવાદી પ્રતિમાન, 2.2 Behavioral model, વર્તનવાદી પ્રતિમાન 2.3 Cognitive model, જ્ઞાનાત્મક પ્રતિમાન, 2.4 Cognitive - Behavioral model, જ્ઞાનાત્મક - વર્તનવાદી પ્રતિમાન	25 % 15 Hours

	<p>2.5 Humanistic - Existential model, માનવવાદી - અસ્તિત્વવાદી પ્રતિમાન</p> <p>2.6 Socio - cultural model, સામાજિક - સાંસ્કૃતિક પ્રતિમાન</p>	
<p>Unit-3</p> <p>Psychological Assessment in psychopathology</p> <p>મનોવિકારવિજ્ઞાનમાં મનોવૈજ્ઞાનિક માપન</p>	<p>3.psychological Assessment in psychopathology</p> <p>મનોવિકારવિજ્ઞાનમાં મનોવૈજ્ઞાનિક માપન</p> <p>3.1 Clinical interview, તબીબી મુલાકાત</p> <p>3.2 Clinical tests, તબીબી કસોટીઓ</p> <p>3.3 Personality measurement test (Projective test, Self - reported personality test), વ્યક્તિત્વ માપન કસોટીઓ (પ્રક્ષેપણ કસોટીઓ, આત્મ-નિવેદન વ્યક્તિત્વ કસોટીઓ),</p> <p>3.4 Psycho - physiological tests, મનોશારીરિક કસોટીઓ</p> <p>3.5 Neuro - Psychological tests, મજ્જા - મનોવૈજ્ઞાનિક કસોટીઓ</p> <p>3.6 Problems of Clinical misinterpretation તબીબી અર્થઘટનમાં ભૂલોની સમસ્યાઓ</p>	<p>25 %</p> <p>15 Hours</p>
<p>Unit-4</p> <p>Anxiety Disorders and Somatoform disorders</p> <p>ચિંતાજન્ય અને શારીરિક સ્વરૂપના મનોવિકારો</p>	<p>4. Anxiety Disorders: ચિંતાજન્ય મનોવિકારો</p> <p>4.1 Phobic disorders and its types, વિકૃત ભય અને તેના પ્રકારો</p> <p>4.2 panic disorder, તીવ્ર ભયયુક્ત મનોવિકારો</p> <p>4.3 obsessive - compulsive disorder, અનિવાર્ય મનોદબાણ અને ક્રિયાદબાણ</p> <p>4.4 Generalized anxiety disorder મુક્તાચારી ચિંતા</p> <p>4.5 Views on Anxiety Disorders ચિંતાજન્ય મનોવિકારો અંગેના વિવિધ મતો</p>	<p>25 %</p> <p>15 Hours</p>

READINGS:

- (1) Abnormal Psychology - Ronald J. Comer. Second Edition. W.H. Freeman and company. New York.
- (2) Abnormal Psychology - Spencer Rathus, Jeffrey Nevid. John's University. Printice Hall. Engle wood cliffs, New Jersey.
- (3) Abnormal Psychology The Problem of Maladaptive Behaviour, Tenth Edition, Irwin Sarason, Barbara Sarason, University of Washington, Pearson Education.
- (4) Abnormal Psychology. An Integrative Approach. David H. Barlow. V. Wiersma. University at Albany State University of New York Books/Cole Publishing Company. New York.
- (5) Abnormal Psychology Coleman.
- (6) Abnormal Psychology - Understanding Behaviour Disorders. Jack Roy Strang. Southern Methodist University Mc Graw-Hill Book Company New York.
- (7) Abnormal Psychology - A clinical Approach to Psychological Deviants James D. Page. Temple University. Mc Graw-Hill Book Company. Inc. New York.
- (8) An Introduction to Abnormal Psychology V.E. Fisher. New York University. The Macmillan Company New York.
- (9) Introduction to Psychopathology: Lamm A.
- (10) Psychopathology: Buss A.H. N.Y. John Wiley.
- (11) Lamm A. (1997) Introduction to psychopathology N.Y. Sage.
- (12) Buss A.H. (1999) Psychopathology N.Y. John Wiley
- (13) DSM IV classification

[Subject code-2501001205026602]

B. A. PSYCHOLOGY Semester-V

Programme/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code:	Course Title: Introduction of Industrial Psychology औद्योगिक मनोविज्ञानનો પરિચય	
Course Credit: 4	COURSE CATEGORY: MAJOR-12 (B)	
Teaching Hours: 60 (Hours)	Total Marks:100 (50+50)	
Total No. of Lectures – Tutorials – Practical (In hours per Week): L-T-P: 4 - 0 -0		

Note: -

University Exam	:	50
Internal Exam	:	50
Total	:	100

COURSE OUTCOMES :

- 1 TO AWARE STUDENTS ABOUT RELATION BETWEEN PSYCHOLOGY AND INDUSTRY AS WELL AS ORGANIZATION.
- 2 TO DEVELOP INSIGHT OF JOB-ANALYSIS, JOB DISCRIPTION AND JOB SPECIFICATION.
- 3 TO MAKE LEARN ABOUT EMPLOYEE SELECTION METHODS AND PROCESS.
- 4 TO DEVELOP SKILL OF USES OF PSYCHOLOGICAL TESTS.
- 5 TO CREAT INSIGHT ABOUT ADVANTAGES AND DISADVANTAGE OF PSYCHOLOGICAL TEST.
- 6 TO AWARE STUDENT ABOUT CONCEPT OF ENGINEERING PSYCHOLOGY.
- 7 TO MAKE LEARN ABOUT INDUSTRIAL ACCIDENTS AND INDUSTRIAL SAFTY PROGRAM

Details of Modules

Modules	Content/Topic	Weightage and Teaching Hours
Unit: I	<p>[1] Nature & Scope of Industrial Psychology (ઔદ્યોગિક મનોવિજ્ઞાનનું સ્વરૂપ અને ક્ષેત્ર)</p> <p>1.Introduction (પ્રાસ્તાવિક) 2.Definition, Nature and Scope (વ્યાખ્યા, સ્વરૂપ અને કાર્યક્ષેત્ર) 3.Origin of Industrial Psychology (ઔદ્યોગિક મનોવિજ્ઞાનનો ઉદભવ અને વિકાસ) 4.Industrial Psychology as a Profession (ઔદ્યોગિક મનોવિજ્ઞાન- એક વ્યવસાય તરીકે) 5.Basic principles of Industrial Psychology (ઔદ્યોગિક મનોવિજ્ઞાનના મૂળભૂત સિધ્ધાંતો)</p> <p>[2] Job Analysis (કાર્યવિશ્લેષણ)</p> <p>1.Introduction (પ્રાસ્તાવિક) 2.Occupational Information (વ્યાવસાયિક માહિતી અને વ્યાવસાયિક વર્ગીકરણ) 3.Job Description and its Importance (કાર્ય-વર્ણન અને તેનું મહત્ત્વ) 4.Job Analysis-Meaning, Sources, Methods, Aim, Uses Assembling of Information (કાર્ય વિશ્લેષણનો અર્થ, સ્ત્રોતો, પદ્ધતિઓ, હેતુઓ, ઉપયોગો અને માહિતીનું એકત્રીકરણ) 5.Job-Specification (કાર્ય વિશિષ્ટીકરણ)</p>	<p>25% 15 Hours</p>
Unit: II	<p>[3] Evaluation Techniques & Employee Selection (મૂલ્યાંકન પ્રયુક્તિઓ અને કર્મચારી પસંદગી)</p> <p>1.Introduction (પ્રાસ્તાવિક) 2.Individual Differences (વ્યક્તિત્વ અને વ્યક્તિગત ભિન્નતા) 3.Employee Evaluation and Merit Rating (કર્મચારી મૂલ્યાંકન અને ગુણ મૂલ્યાંકન)</p>	<p>25% 15 Hours</p>

	<p>4.Employee Selection (કર્મચારી પસંદગી)</p> <p>5.Employment Interview (રોજગાર માટેની મૂલાકાત)</p>	
Unit: III	<p>[4] Psychological (Personnel) Testing (મનોવૈજ્ઞાનિક (કર્મચારી) કસોટીકરણ)</p> <p>1.Introduction (પ્રાસ્તાવિક)</p> <p>2.Definition, Nature and Characteristic of Psychological Test (મનોવૈજ્ઞાનિક કસોટીની વ્યાખ્યા, સ્વરૂપ - લક્ષણો)</p> <p>3.An Overview of a testing Programmed (કસોટીકરણ કાર્યક્રમનું વિહંગાવલોકન)</p> <p>4.Administering Psychological Test (મનોવૈજ્ઞાનિક કસોટીઓનું સંચાલન)</p> <p>5.Types of Psychological Test (મનોવૈજ્ઞાનિક કસોટીઓના પ્રકારો)</p> <p>6.Advantages & Limitation of Psychological Testing (મનોવૈજ્ઞાનિક કસોટીકરણના ઉપયોગો અને મર્યાદાઓ)</p>	<p>25% 15 Hours</p>
Unit: IV	<p>[5] Engineering Psychology (ઈજનેરી મનોવિજ્ઞાન)</p> <p>1.Introduction (પ્રાસ્તાવિક)</p> <p>2.Definition and Meaning of Engineering Psychology (ઈજનેરી મનોવિજ્ઞાન અર્થ, વ્યાખ્યા)</p> <p>3.History and Scope of Engineering Psychology (ઈજનેરી મનોવિજ્ઞાનનો ઇતિહાસ અને કાર્યક્ષેત્ર)</p> <p>4.Time and Motion Study (સમય અને ગતિના અભ્યાસો)</p> <p>5.Hawthorne Studies (હેથોર્ન અભ્યાસ)</p> <p>6.Person-Machine Systems (વ્યક્તિ અને યંત્રનું તંત્ર)</p> <p>7.Workspace Design (કાર્યની જગ્યાનું આયોજન)</p> <p>8.Computers (સંગણકયંત્રો)</p>	<p>25% 15 Hours</p>

<p>[6] Safety and Accident Control (અકસ્માત અને ઔદ્યોગિક સલામતી)</p> <p>1.Introduction (પ્રાસ્તાવિક) 2.Mening and Types of Accident (અકસ્માતનો અર્થ અને પ્રકારો) 3.Causes of Accident (અકસ્માતના કારણો) 4.Effects Accident (અકસ્માતની અસરો) 5.Accident Proneness (અકસ્માત પ્રવણતા) 6.Industrial Safety (ઔદ્યોગિક સલામતી કાર્યક્રમ)</p>	
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Reading

- 1) Siegal and Lane 3rd Ed 1977 'Psychology in Industrial Organization' D. B. Taraporwala and Co. Mumbai.
- 2) Schultz, D. and Schultz S.E. (2002) 'Psychology & Work Today' Delhi, Person Education (First Indian Reprint, 2004).
- 3) Harrel T.W. 'Industrial Psychology' Oxford Book Co-Calcutta.
- 4) D. P. Schultg (1989) "An Introduction to Industrial and Organizational Psychology" Newyark, MC Million Pub.

[Subject code-2501001205030603]

B. A. PSYCHOLOGY Semester-V

Programme/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code:	Course Title: Experimental Psychology (Practical's)-I	
Course Credit: 4	COURSE CATEGORY: MAJOR-13	
Teaching Hours: 60 (Hours)	Total Marks:100 (50+50)	
Total No. of Lectures – Tutorials – Practical (In hours per Week): L-T-P: 2 - 0 – 2 (Per Batch 20 Students)		

Course Outcomes	
1	To develop scientific temperament.
2	To make aware students towards experimental process.
3	To understand psychological theories through scientific experiment.
4	To train student to perform scientific experiment.
5	To study past important experiments and learn from it.

Note: -

marks: -

University Exam	:	50
Internal Exam	:	50
Total	:	100

Distribution of Practical

1 - Write up experiment:	15
2 – Performance	: 10
3 – Journal	: 15
4 – Viva	: 10
Total Marks	: 50

The practical examination will be held for three hours. One experiment will be conducted. This will be followed by a viva voce examination to test the candidate's knowledge of principles, experimental procedure and instrumentation.

In Psychology Practical, depending on the physical facilities in the laboratory, there should be 20 students in a batch for practical demonstration. Each batch should be allotted 04 hours. The report of each experiment included in the journal should contain information about the experiment conducted on the following 10 points.

1. Problem:

Its statement purpose of the study or hypothesis to be tested, Introduction to the Problem either for clarification or development of the problem in brief.

2. Aim of Practical :

Its deferent statements about objectives of practical.

3. Apparatus:

Just listing of various apparatus and material used, if necessary, diagram of the experiment all set up should be drawn.

4. Experimental design:

Appropriate experimental design as per objectives of the study.

5. Variables

Various Variables included in experimental study.

6. Procedure:

Describing exactly what is done from the beginning to end of the experiment, instructions list of variable independents, dependent and controlled methods of recording and treatment of the data.

7. Result and discussion:

Summary tables the graphs and the introspective report to be included, raw data is to put in the appendix at the end of the experiment discussion of the results.

8. Conclusions:

Brief precise and numbered points.

9. References:

Book consulted

10. Appendix:

Raw data, calculation sheets and original sheet used for recording purpose.

Course Specific outcomes	
1	To understand optical illusions in detail.
2	To understand the term attention and division of attention.
3	To examine the effects of stimulus suggestion
4	To learn and perform free association technique.
5	To check the effects of intention of learning on learning process.
6	To understand aspects of span of attention
7	To check result of whole versus part method of learning.
8	To learn effects of mental fatigue.
9	To understand process of problem solving.

સુધારેલ યાદી

B.A. SEM - V (Psychology Paper - 13)

List of Practical (Any Six Practical Performed)

1	Effects of Intention to learn (શીખવાની ક્રિયા ઉપર હેતુની અસર)
2	Association Reaction Time (Free Association) સાહચર્ય પ્રતિક્રિયા સમય (મુક્ત સાહચર્ય)
3	Suggestion-Progressive Weights Method. (સૂચન-ક્રમિક વધતાં વજનની પદ્ધતિ)
4	Immediate Span of Memory (તત્કાલિક સ્મૃતિ વિસ્તાર)
5	Whole v/s Part Method of Learning (શીખવાની સમગ્ર પદ્ધતિ વિરુદ્ધ વિભાગ પદ્ધતિ)
6	Measurement of Optical illusions. (સરેરાશ ભૂલ દ્વારા મ્યુલર-લાયર આકૃતિમાં દ્રષ્ટિભ્રમની અસર તપાસવી.)
7	Fluctuation of Attention (ધ્યાન વિચલન)
8	Fatigue-Mental Fatigue (માનસિક થાકનું માપન)
9	Traversal Problem (Problem-solving) અનુરેખન સમસ્યા (સમસ્યા ઉકેલ)

Readings

1. Kuppuswamy B.

Elementary experiments in Psychology
Mysore City, Western Press & Co. 1954.

2. Valentine C. W.

Introduction to experimental Psychology
N.W.I. University tutorial Press Ltd. 1953.

3. Woodworth R.S. & Schlosberg H.

Experimental Psychology Oxford & IBH Publishing Company.
Calcutta-1971.

4. કાનાવાલા એ.સી.

પ્રાયોગિક મનોવિજ્ઞાન-પ્રયોગપોથી
યુનિવર્સિટી ગ્રંથનિર્માણ બોર્ડ,
અમદાવાદ-૧૯૯૪

[Subject code-2501001205040604]

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B. A. (Hon.) (PSYCHOLOGY) SEMESTER - V

PROGRAMME/CLASS : DEGREE		YEAR : THIRD	SEMESTER : V
SUBJECT : PSYCHOLOGY			
COURSE CODE:	COURSE TITLE : INTRODUCTION COUNSELLING PSYCHOLOGY		
COURSE CREDIT : 4	COURSE CATEGORY : MINOR-4		
TEACHING HOURS : 60 (HOURS)	TOTAL MARKS : 100 (50+50)		
TEACHING METHODOLOGY : LECTURER & DEMONSTRATION			

COURSE OUTCOMES :

- (1) TO STUDY BASIC CONCEPTS OF COUNSELLING PSYCHOLOGY.
- (2) TO UNDERSTAND THE BASIC METHODS OF COUNSELLING.
- (3) TO LEARN VARIOUS FIELDS OF COUNSELLING.
- (4) TO STUDY THE CHARACTERISTICS OF COUNSELLER.
- (5) TO UNDERSTAND THE WHOLE PROCESS OF COUNSELLING.
- (6) TO STUDY THE PROBLEMS OF ADULT IN INDIA.
- (7) TO LEARN NEED OF COUNSELLING IN INDIA AND PROBLEMS OF INDIAN STUDENTS.

COURSE DETAIL

MODULES	CONTENT/TOPIC	WEIGHTAGE AND TEACHING HOURS
UNIT - 1 INTRODUCTION TO COUNSELLING	DEFINING COUNSELLING - સલાહની વ્યાખ્યા TYPES OF COUNSELLING - સલાહના પ્રકારો GOALS OF COUNSELLING AND ITS CLASSIFICATION - સલાહના ધ્યેયો અને હેતુઓ CHARACTERISTICS OF COUNSELLING - સલાહના લક્ષણો CLASSIFICATION OF GOAL COUNSELLING - સલાહના ધ્યેયોનું વર્ગીકરણ	25% 15 HOURS
UNIT - 2 NEED OF COUNSELLING	CLASSIFICATION OF A PROBLEM IN COUNSELLING - સલાહની સમસ્યાનું વર્ગીકરણ CLASSIFICATION BASED ON THE FORM OF COUNSELLING - સલાહના સ્વરૂપને આધારે વર્ગીકરણ CLASSIFICATION BASED ON THE REASON FOR COUNSELLING - સલાહના કારણોને આધારે વર્ગીકરણ INDIAN STUDENTS PROBLEMS - ભારતીય વિદ્યાર્થીઓની સમસ્યાઓ EDUCATIONAL PROBLEMS - શૈક્ષણિક સમસ્યાઓ OCCUPATIONAL PROBLEMS - વ્યાવસાયિક સમસ્યાઓ PROBLEMS WITH ADULT - તારુણ્યની સમસ્યાઓ STUDIES ON PROBLEMS OF THE NEED FOR COUNSELLING IN INDIA - ભારતમાં સલાહની જરૂરીયાત અંગેના અભ્યાસો	25% 15 HOURS
UNIT - 3 ROLE OF COUNSELLING	MOTIVES OF COUNSELLOR - સલાહકાર ના ધ્યેયો WHO CAN BECOME COUNSELLOR ? - સલાહકાર કોણ બની શકે? EDUCATION AND TRAINING REQUIRED FOR COUNSELLOR - સલાહકાર માટે જરૂરી શિક્ષણ અને તાલીમ PROFESSIONAL ISSUES CONCERNING COUNSELLOR - સલાહના વ્યવસાયને લગતા મુદ્દાઓ ETHICS INVOLVED WITH THE JOB OF COUNSELLOR - સલાહકારે પાળવાની આચારસંહિતા	25% 15 HOURS

UNIT - 4 APPLICATION OF COUNSELLING	FIELDS OF COUNSELLING	- સલાહના ક્ષેત્રો	25% 15 HOURS
	CHILD COUNSELLING	- બાળ સલાહ	
	SCHOOL COUNSELLING	- શાળા સલાહ	
	FAMILY COUNSELLING	- કૌટુંબિક સાલાહ	
	MARRIAGE COUNSELLING	- લગ્ન સલાહ	
	CAREER, VOCATIONAL AND EMPLOYMENT COUNSELLING	- કારકિર્દી, વ્યવસાય અને રોજગારલક્ષી સલાહ	
	PASTORAL COUNSELLING	- ધાર્મિક સલાહ	
	CLINICAL COUNSELLING	- ચિકિત્સા સલાહ	
	ALCOHOL / DRUG ABUSE	- નશીલા પદાર્થોના સેવન કરનારને સલાહ	
	REHABILITATION COUNSELLING	- પુનઃ સ્થાપન સલાહ	
	CRISIS MANAGEMENT COUNSELLING	- કટોકટી નિવારણમાં સલાહ	
	MOB / MASS COUNSELLING	- બેકાબૂ ટોળા માટે સલાહ	
	MENTAL HEALTH COUNSELLING	- માનસિક આરોગ્ય સલાહ	
	CYBER COUNSELLING	- સાઈબર સલાહ	
INDIVIDUAL COUNSELLING	- વ્યક્તિગત સલાહ		
WHO PROVIDES COUNSELLING?	- સલાહ કોણ આપી શકે?		

REFERENCE BOOKS- JOURNALS

- 1- "Introduction of Counseling" By Tolber E.L. McGraw hill Book Company, New York 2nd Ed. 1972
- 2- "Introduction to Counseling" By Belkin G.S. W.G. Brown Publishers (1988)
- 3- "Psychological Counseling in India" by Fuster J.M. Macmillan Company (1964)
- 4- "The Theory and practice of Counseling "Psychology" by Nelson J. Publisher Holt Rinchart & Winston (1981)
- 5- "Stress and its management by Yoga" by Udupa, K.N. Publisher, Moti1al Bansari Das. (1985)
- 6- "Counseling, Theory and Process" by Hansen J.C., Stevic R.R. & Warner R.W. Publisher Allyn and Bacon Inc.
- 7- "Guidance and Counseling in India Education" by Prem pasricha publisher, NCERT, New Delhi (1976)
- 8- "Theory Methods and Process of Counseling" by George R.C. & Cristiani T.R. Publisher Prentice Hall Inc.
- 9- "Counseling in Action" by Windy D. Publisher, Sage Publication (1988)
- 10- "Salah Manovigyan" by Dr. S.T. Patel Publisher University Grant Nirman
- 11- "Salah Manovigyan" by Prof. C.B. Dave, K.K. Mehta Publisher Viral prakashan.

[Subject code-2501001205050605]]

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

BA (Hon.) Psychology Semester-V

Programme/Class: Degree	Year: Third	Semester: Five
Subject: Psychology		
Course Code:	Course Title: Industrial Psychology	
Course Credit:4	Course Type: Minor-5	
Teaching Hours: 60(Hours)	Total Marks: 100 (50+50)	
Teaching Methodology: Lecture & Demonstration		

COURSE OUTCOMES :

- (1) TO AWARE STUDENTS ABOUT RELATION BETWEEN PSYCHOLOGY AND INDUSTRY/ORGANIZATION.
- (2) TO DEVELOP INSIGHT OF BASIC PRINCIPLES OF INDUSTRIAL PSYCHOLOGY.
- (3) TO TRAIN STUDENTS FOR JOB ANALYSIS AND INDUSTRIAL SAFETY.
- (4) TO AWARE STUDENTS FOR WORK ENVIRONMENT AND FACTORS AFFECTING ON FATIGUE.
- (5) TO UNDERSTAND JOB SATISFACTION AND CHARACTERISTICS OF SATISFIED WORKERS.

Course Detail

Modules	Content/Topics	Weightage and Teaching Hours
Unit-1 Definition, Nature and Scope of Industrial Psychology औद्योगिक मनोविज्ञान व्याख्या, स्वरूप અને ક્ષેત્ર	<ul style="list-style-type: none">● Introduction : पूर्वभूमिका● What is Industrial Psychology? औद्योगिक मनोविज्ञान એટલે શું ?● Nature of Industrial Psychology: औद्योगिक मनोविज्ञान નું સ્વરૂપ.● Aim of Industrial Psychology : औद्योगिक मनोविज्ञानનું ધ્યેય● Scope of Industrial Psychology: औद्योगिक मनोविज्ञानનું કાર્યક્ષેત્ર (અભ્યાસ પ્રશ્નો).● Basic Principles of Industrial Psychology: औद्योगिक मनोविज्ञानના મૂળભૂત સિદ્ધાંતો.	25 % 15 Hours

<p>Unit-2 Occupational Information & Job Analysis વ્યવસાયિક માહિતી અને કાર્યવિશ્લેષણ</p>	<ul style="list-style-type: none"> • Introduction: પૂર્વભૂમિકા • Meaning of Job Analysis And Definition: કાર્ય વિશ્લેષણનો અર્થ અને વ્યાખ્યા. • Method of Job Analysis: કાર્ય વિશ્લેષણની પદ્ધતિઓ. • Sources of information of job Analysis: કાર્ય વિશ્લેષણની માહિતીના સ્ત્રોતો (ઉદ્ગમ સ્થાનો) • Assembling of Information of job Analysis: કાર્ય વિશ્લેષણની માહિતીનું એકત્રીકરણ. • Uses and Aim of job Analysis : કાર્ય વિશ્લેષણના હેતુઓ અને ઉપયોગો 	<p style="text-align: center;">25 % 15 Hours</p>
<p>Unit-3 Accident and Industrial Safety અકસ્માત અને ઔદ્યોગિક સલામતી</p>	<ul style="list-style-type: none"> • Introduction: પૂર્વભૂમિકા • Meaning and Types of Accident : અકસ્માતનો અર્થ અને પ્રકારો • Causes of Accident અકસ્માતના કારણો • Effects Accident અકસ્માતની અસરો • Accident Proneness : અકસ્માત પ્રવણતા • Industrial Safety ઔદ્યોગિક સલામતી 	<p style="text-align: center;">25 % 15 Hours</p>
<p>Unit-4 Work Environment, Job Satisfaction & Morale કાર્યનું પર્યાવરણ, કાર્ય સંતોષ અને જોમ</p>	<ul style="list-style-type: none"> • Introduction : પૂર્વભૂમિકા • Work Environment : કાર્યનું પર્યાવરણ • Meaning and Type of Fatigue : થાકનો અર્થ અને પ્રકારો • Factors affecting Fatigue : થાકને અસરકરતા પરિબલો • Job Satisfaction : કાર્યસંતોષ • Factors Affecting Job Satisfaction : કાર્યસંતોષને અસર કરતા ઘટકો • Characteristics of Satisfied Workers : સંતુષ્ટ કર્મચારીઓના લક્ષણો • Industrial Morale and Determinant of Morale: ઔદ્યોગિક જોમ અને જોમના નિર્ણાયકો • Increasing Industrial Morale : ઔદ્યોગિક જોમ વધારવાના ઉપાયો 	<p style="text-align: center;">25 % 15 Hours</p>

ANNEXURE - 1

PROGRAM OUTCOME, PROGRAM SPECIFIC & COURSE OUTCOME

PROGRAM NAME : BACHERLOR OF ARTS SEMESTER VI (MAJOR-MINOR)

ACADEMIC YEAR : 2025-2026

PROGRAM OUTCOME :

1	Knowledge of Psychological Concepts :
	Understand major theories, concepts, and historical trends in psychology.
	Demonstrate familiarity with the biological, cognitive, developmental, and social bases of behavior.
2	Research Skills :
	Apply scientific methods to psychological questions.
	Design, conduct, analyze, and interpret psychological research using statistical tools.
3	Critical Thinking :
	Use critical and creative thinking, skeptical inquiry, and scientific approaches to solve problems related to behavior and mental processes.
4	Ethical and Social Responsibility :
	Understand and apply ethical standards in psychological practice and research.
	Recognize and respect diversity and multicultural perspectives.
5	Communication Skills :
	Communicate effectively in writing and orally, especially in presenting psychological concepts and research findings.
	Demonstrate competence in professional writing and APA formatting.
6	Application of Psychology :
	Apply psychological principles to personal, social, and organizational issues.
	Understand how psychological knowledge can be applied in real-world settings like mental health, education, or business.
7	Professional Development :
	Develop self-awareness and insight into one's own behavior and mental processes.
	Prepare for graduate study or employment in psychology-related fields through internships or capstone projects.

PROGRAM SPECIFIC OUTCOME :

PSO 1	Theoretical Knowledge and Application
	Demonstrate a comprehensive understanding of psychological theories, principles, and concepts and apply them to analyze human behavior in diverse contexts.
PSO 2	Research Skills
	Design, conduct, and analyze psychological research using appropriate methodologies, ethical practices, and statistical tools.
PSO 3	Psychological Assessment and Intervention
	Administer, score, and interpret psychological assessments and develop intervention strategies to address individual and group issues.
	Ethical and Professional Practice

PSO 5	Communication and Interpersonal Skills
	Effectively communicate psychological concepts and findings in written, oral, and digital formats, and develop strong interpersonal skills for client interaction.
PSO 6	Community and Mental Health Awareness
	Promote mental health awareness and contribute to the well-being of individuals and communities through outreach, counseling, and psychoeducation.

COURSE OUTCOME (SUBJECT WISE) :

SEMESTER : B.A. SEM. VI (MAJOR)		
NO.	COURSE CODE	MAJOR-14
	SUBJECT TITLE	PROCESS OF INDIAN PSYCHOLOGY AND PSYCHOLOGICAL STATISTICS-II
	SUBJECT OUTCOME :	
1	TO BRING AWARENESS TOWARDS PSYCHOLOGICAL CONCEPTS OF INDIAN KNOWLEDGE SYSTEM.	
2	TO DEVELOP FIELD OF INDIAN PSYCHOLOGY.	
3	TO DIVERT STUDENTS TOWARDS TRADITIONAL INDIAN PRINCIPLES OF PSYCHOLOGY.	
4	TO DEVELOP HABITS OF YOGA AND PRANAYAM AMONG STUDENTS.	
5	TO DEVELOP SKILLS OF STATISTICAL ANALYSIS FOR RESEARCH STUDIES IN FIELD OF PSYCHOLOGY.	
6	TO TRAIN STUDENTS FOR STATISTICAL CALCULATIONS.	

SEMESTER : B.A. SEM. VI (MAJOR)		
NO.	COURSE CODE	MAJOR-15(A)
	SUBJECT TITLE	PSYCHOPATHOLOGY
	SUBJECT OUTCOME :	
1	TO DEVELOP SCIENTIFIC TEMPERAMENT	
2	TO MAKE ONESELF AWARE TO HIS OWN PROBLEMS.	
3	TO BRING AWARENESS FOR SOCIETY ABOUT BAD EFFECTS OF ALCOHOL AND DRUGS.	
4	TO DEVELOP SCIENTIFIC ATTITUDE TOWARDS MENTAL ILLNESS.	
5	TO DIVERT ONESELF TOWARDS POSITIVE AND HUMANISTIC FACTORS.	
6	TO TRAIN STUDENTS FOR DIAGNOSIS OF MENTAL ILLNESS.	
7	TO PROVIDE PROTECTIVE SHIELD FOR STUDENTS FOR DRUGS.	
8	TO DIVERT STUDENTS FROM SUICIDAL TENDENCY TO HEALTHY SOCIAL AND PERSONAL LIFE.	
9	TO TRAIN STUDENTS FOR MENTAL AND QUALITATIVE MEASUREMENT.	
10	TO TRAIN STUDENTS TO AWARE TOWARDS STRESSORS.	
11	TO DEVELOP SKILLS IN STUDENTS FOR GOOD STRESS MANAGEMENT.	

SEMESTER : B.A. SEM. VI (MAJOR)		
NO.	COURSE CODE	MAJOR-15(B)
	SUBJECT TITLE	INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY
SUBJECT OUTCOME :		
1	TO MAKE AWARE STUDENTS TOWARDS RELATION OF PSYCHOLOGY AND ORGANIZATIONAL SYSTEMS.	
2	TO DEVELOP AWARENESS ABOUT FIELD OF INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY.	
3	TO DEVELOP SCIENTIFIC APPROACH ABOUT WORK ENVIRONMENT.	
4	TO UNDERSTAND MOTIVATION AND INCENTIVES FOR WORKERS IN INDUSTRIAL SET UP.	
5	TO AWARE STUDENTS ABOUT ROLE OF LEADER IN INDUSTRIAL SET UP.	

SEMESTER : B.A. SEM. VI (MAJOR)		
NO.	COURSE CODE	MAJOR-16
	SUBJECT TITLE	EXPERIMENTAL PSYCHOLOGY (PRACTICAL'S)-II
SUBJECT OUTCOME :		
1	TO DEVELOP SCIENTIFIC TEMPERAMENT.	
2	TO MAKE AWARE STUDENTS TOWARDS EXPERIMENTAL PROCESS.	
3	TO MAKE AWARE STUDENTS TOWARDS EXPERIMENTAL PROCESS. TO UNDERSTAND PSYCHOLOGICAL THEORIES THROUGH SCIENTIFIC EXPERIMENT.	
4	TO TRAIN STUDENT TO PERFORM SCIENTIFIC EXPERIMENT.	
5	TO STUDY PAST IMPORTANT EXPERIMENTS AND LEARN FROM IT.	

SEMESTER : B.A. SEM. VI (MINOR)		
NO.	COURSE CODE	MINOR-6(A)
	SUBJECT TITLE	COUNSELLING PSYCHOLOGY
SUBJECT OUTCOME :		
1	TO STUDY BASIC CONCEPTS OF COUNSELLING PSYCHOLOGY.	
2	TO UNDERSTAND THE BASIC METHODS OF COUNSELLING.	
3	TO LEARN VARIOUS FIELDS OF COUNSELLING.	
4	TO STUDY THE CHARACTERISTICS OF COUNSELLER.	
5	TO UNDERSTAND THE WHOLE PROCESS OF COUNSELLING.	
6	TO STUDY THE PROBLEMS OF ADULT IN INDIA.	
7	TO LEARN NEED OF COUNSELLING IN INDIA AND PROBLEMS OF INDIAN STUDENTS.	
8	TO LEARN ROLE OF YOGA AND MEDITATION IN COUNSELLING.	
9	TO STUDY THE APPROACHES OF COUNSELLING.	
10	TO TRAIN STUDENTS FOR INTERVIEW PROCESS FOR COUNSELLING.	

SEMESTER : B.A. SEM. VI (MINOR)

NO.	COURSE CODE	MINOR-6(B)
	SUBJECT TITLE	COUNSELLING PSYCHOLOGY
SUBJECT OUTCOME :		
1	APPRECIATE HOW INDIVIDUAL BEHAVIOUR IS INFLUENCED BY SOCIAL AND CULTURAL CONTEXT.	
2	UNDERSTAND HOW SOCIAL BEHAVIOUR CAN BE ANALYSED IN TERMS OF SOCIAL PSYCHOLOGICAL THEORIES.	
3	REALISE HOW SOCIAL PSYCHOLOGICAL KNOWLEDGE CAN BE USED IN SOLVING SOCIAL PROBLEMS.	
4	TO UNDERSTAND HOW A SOCIAL PSYCHOLOGICAL ANALYSIS DIFFERS FROM OTHER FORMS OF ANALYSIS.	
5	TO BECOME FAMILIAR WITH THE WIDE VARIETY OF QUESTIONS AND TOPICS THAT SOCIAL PSYCHOLOGISTS STUDY.	
6	TO LEARN THE CLASSIC AND CONTEMPORARY THEORIES THAT ARE RELEVANT TO BECOME FAMILIAR WITH A SAMPLING OF RESEARCH FINDINGS, BOTH CORRELATION AND EXPERIMENTAL.	
7	TO APPRECIATE THE VARIETY OF CHOICES AND LIMITATIONS IN THE LIVES OF WOMEN AND MEN AS THEY ARE SHAPED BY PERSONAL AND SOCIAL FACTORS.	
8	TO EXPLORE VARIOUS TOPIC AREAS THROUGH READINGS, CLASS ACTIVITIES, AND DISCUSSION AND BY THINKING AND WRITING CRITICALLY AND REFLECTIVELY.	

SIGNATURE OF THE HEAD

[Subject code-2501001206010601]

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B. A. (PSYCHOLOGY) SEMESTER - VI

PROGRAMME/CLASS : DEGREE	YEAR : THIRD	SEMESTER : VI
SUBJECT : PSYCHOLOGY		
COURSE CODE:	COURSE TITLE : PROCESS OF INDIAN PSYCHOLOGY AND PSYCHOLOGICAL STATISTICS-II (ભારતીય મનોવિજ્ઞાનની પ્રક્રિયા અને આંકડાશાસ્ત્ર-૨)	
COURSE CREDIT : 4	COURSE CATEGORY : MAJOR - 14	
TEACHING HOURS : 60 (HOURS)	TOTAL MARKS : 100 (50+50)	
TOTAL NO. OF LECTURES - TUTORIALS - PRACTICAL (IN HOURS PER WEEK) :		
L - T - P : 4 - 0 - 0		

NOTE :

UNIVERSITY EXAM	: 50
INTERNAL EXAM	: 50
TOTAL	: 100

DISTRIBUTION OF MARKS :

1 - INDIAN PSYCHOLOGY	-25
1 - PSYCHOLOGICAL STATISTICS	-25

COURSE OUTCOMES :

- 1 TO BRING AWARENESS TOWARDS PSYCHOLOGICAL CONCEPTS OF INDIAN KNOWLEDGE SYSTEM.
- 2 TO DEVELOP FIELD OF INDIAN PSYCHOLOGY.
- 3 TO DIVERT STUDENTS TOWARDS TRADITIONAL INDIAN PRINCIPLES OF PSYCHOLOGY.
- 4 TO DEVELOP HABITS OF YOGA AND PRANAYAM AMONG STUDENTS.
- 5 TO DEVELOP SKILLS OF STATISTICAL ANALYSIS FOR RESEARCH STUDIES IN FIELD OF PSYCHOLOGY.
- 6 TO TRAIN STUDENTS FOR STATISTICAL CALCULATIONS.

DETAILS OF MODULES

MODULES	CONTENT/TOPIC	WEIGHTAGE AND TEACHING HOURS
PROCESS OF INDIAN PSYCHOLOGY - II (ભારતીય મનોવિજ્ઞાનની પ્રક્રિયા - ૨)		
UNIT - I	THE MOTIVATOR OF HUMAN BEHAVIOR AND PERSONALITY (માનવી વર્તનનું પ્રેરકબળ અને વ્યક્તિત્વ) <ul style="list-style-type: none">● THE CENTER OF HUMAN DISCOVERY ACCORDING TO INDIAN PSYCHOLOGY, (IMMORTALITY, PEACE, KNOWLEDGE, POWER, LOVE, JOY, BEAUTY). (ભારતીય મનોવિજ્ઞાનની દ્રષ્ટિએ માનવીની શોધના કેન્દ્ર. (અમરત્વ, શાંતિ, જ્ઞાન, શક્તિ, પ્રેમ, આનંદ, સૌંદર્ય))● HUMAN AND PERSONALITY. (માનવ અને વ્યક્તિત્વ)● PERSONALITY, NATURE OF PERSONALITY, TYPES, DEVELOPMENT. (વ્યક્તિત્વ, વ્યક્તિત્વનું સ્વરૂપ, પ્રકારો, વિકાસ)● WELL GROOMED PERSONALITY. (સુગ્રથિત વ્યક્તિત્વ)● THE THREE BODIES, THE AVIDYA, THE FIVE CELL, THE INNER SOUL, THE ORGANIZATION OF PERSONALITY AND THREE STAGES.	25% 15 HOURS

	<p>(ત્રણ શરીરો, અવિદ્યા, પંચકોશ, અંતરાત્મા, વ્યક્તિત્વનું સંગઠન અને ત્રણ અવસ્થાઓ)</p> <ul style="list-style-type: none"> ● THE ROLE OF CONSCIOUSNESS. (ચેતનાની ભૂમિકા) 	
UNIT - II	<p>CONSCIOUS, STRUCTURE OF THE CONSCIOUS AND DISCOVERY OF THE CONSCIOUS (ચિત્ત, ચિત્તનું બંધારણ અને ચિત્ત શોધન)</p> <ul style="list-style-type: none"> ● INTRODUCTION (પ્રસ્તાવના) ● CONSCIOUS (ચિત્ત) ● INSTINCTS OF CONSCIOUS, ROLES, TRIBULATIONS. (ચિત્તની વૃત્તિ, ભૂમિકા, કલેશ) ● THE STAGE OF TRIBULATIONS AND HUMAN BEHAVIOUR. (કલેશના સોપાનો અને માનવ વર્તન) ● INTUITION CHATUSHTYA. (અંતઃ કરણ ચતુષ્ટય) ● THE UNCONSCIOUS MIND IN INDIAN PSYCHOLOGY. (ભારતીય મનોવિજ્ઞાનમાં અજાગૃતમન) ● THE HIGH LEVELS OF CONSCIOUSNESS IN INDIAN PSYCHOLOGY. (ભારતીય મનોવિજ્ઞાનમાં ચેતનાના ઊર્ધ્વસ્તરો) ● CONSCIOUS IMPURIFIED AND PURIFICATIONS. (ચિત્ત અશુદ્ધિઓ અને શુદ્ધિઓ) ● INDIAN AND MODERN PSYCHOLOGY ABOUT CONSCIOUS PURIFICATIONS. (ચિત્ત શુદ્ધિઓ વિશે ભારતીય અને આધુનિક મનોવિજ્ઞાન) ● PRINCIPLES AND TOOLS OF PURIFICATION OF CONSCIOUS (ચિત્ત શુદ્ધિના સિદ્ધાંત અને સાધનો) 	<p>25% 15 HOURS</p>
<p>PSYCHOLOGICAL STATISTICS - II (આંકડાશાસ્ત્ર - ૨)</p>		
UNIT - III	<p>[1] VARIABILITY</p> <p>[1] MEANING OF VARIABILITY AND ITS MEASUREMENT (પ્રસારમાનનો અર્થ અને તેના માપો)</p> <p>(1) RANGE (વિસ્તાર)</p> <p>(2) QUARTILE DEVIATION (Q/QD) (ચતુર્થક વિચલન)</p> <p>(3) AVERAGE DEVIATION (AD) (સરેરાશ વિચલન)</p> <p>(4) STANDARD DEVIATION (SD) (પ્રમાણિત વિચલન) (LONG AND SHORT METHODS OF COMPUTING SD FOR GROUPED AND UNGROUPED DATA) (વર્ગીકૃત અને અવર્ગીકૃત માહિતી માટે પ્રમાણિત વિચલન ગણવાની લાંબી અને ટૂંકી રીત)</p> <p>[2] IMPORTANCE OF VARIABILITY (પ્રસારમાનનો ઉપયોગ)</p>	<p>25% 15 HOURS</p>
UNIT - IV	<p>[1] PERCENTILE AND PERCENTILE RANK (પ્રતિશત અને પ્રતિશત ક્રમાંક)</p> <p>(1) PERCENTILE RANK (PR) (પ્રતિશત ક્રમાંક)</p> <p>(2) PERCENTILE RANK OF RANKED DATA (માહિતી પરથી ક્રમાંક (R) અને પ્રતિશત ક્રમાંક (PR))</p> <p>[2] CORRELATION (સહસંબંધ)</p> <p>(1) MEANING OF CORRELATION ITS TYPES (સહસંબંધનો અર્થ અને પ્રકાર)</p> <p>(2) RANK DIFFERENCE CORRELATION OF SPEARMAN (સ્પિયરમેનની ક્રમાંક સહ સંબંધની રીત)</p>	<p>25% 15 HOURS</p>

Reading

- 1 R. and Sharma, R. Sharma. (2005). Indian Psychology. New Delhi : Atlantic Publishers and Distrubutors.
- 2 Bhandev. (2003). Indian Psychology. Rajkot : Amrut Prakashan. P., Dvivedi, M.N. (1890). The Yoga-Sutra of Patanjali. Indian: R. Tukaram
- 3 Guilford J.P. 'Fundamental Statistics in Psychology and Education, New York, Graw Hill Book Co., Inc. 1956
- 4 Garrett H.E. 'Elementary Statistics New York, Langmans Green & Com.
- 5 Dowhie N.M. and Health R.V. 'Basic Statistics', Anada Prakashan, Ahemedabad.
- 6 Ujamshi Kapadiya, Shah & Patel
Methodology in Psychology with Statistics', Anada Prakashan, Ahmedabad.

[Subject code-2501001206020602]

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B.A. Semester-VI Subject: Psychology

Programme/Class: Degree	Year: Third	Semester: 06
Subject: Psychology		
Course Code:	Course Title: Psychopathology	
Course Credit:4	Course Type: Major- 15 (A)	
Teaching Hours: 60 (Hours)	Total Marks: 100 (50+50)	
Teaching Methodology: Lecture & Demonstration		

SEMESTER:	06 MAJOR
COURSE (SUBJECT) CODE	Paper - 15 (A)
SUBJECT TITLE	Psychopathology
COURSE OUTCOMES	<ul style="list-style-type: none">▪ To develop scientific temperament▪ To make oneself aware to his own problems.▪ To bring awareness for society about bad effects of alcohol and drugs.▪ To develop scientific attitude towards mental illness.▪ To divert oneself towards positive and humanistic factors.▪ To train students for diagnosis of mental illness.▪ To provide protective shield for students for drugs.▪ To divert students from suicidal tendency to healthy social and personal life.▪ To train students for mental and qualitative measurement.▪ To train students to aware towards stressors.▪ To develop skills in students for good stress management.

Course Detail

Modules	Content/Topis	Weightage and Teaching Hours
<p>Unit-1 મૂડ અને તનાવ સંબંધિત મનોવિકારો</p>	<p>1 Mood Disorders and stress disorders</p> <p>મૂડ (મન: સ્થિતિ) અંગેની વિકૃતિઓ અને તનાવ સંબંધિત મનોવિકારો</p> <p>1.1 Definition of mood, મૂડની વ્યાખ્યા</p> <p>1.2 Characteristics and explanation of Manic episode, ઉન્મત્ત અવસ્થાના લક્ષણો અને સમજૂતી</p> <p>1.1 Characteristics and explanation Depressive episode, ખિન્ન અવસ્થાના લક્ષણો અને સમજૂતી</p> <p>1.4 Bipolar affective disorder, દ્વિતરફી મનોવિકાર</p> <p>1.5 Dysthymia, હળવી ખિન્નતા અને તેની સમજૂતી</p> <p>1.6 Causes of Suicide આત્મહત્યાના કારણો</p> <p>1.7 Stress disorders - Definition, તનાવ મનોવિકાર, વ્યાખ્યા</p> <p>1.8 Sources of stress, તનાવના સ્ત્રોતો</p> <p>1.9 Reaction towards stress, તનાવ પ્રત્યેની પ્રતિક્રિયાઓ,</p> <p>1.10 psychological moderators of impact of stress , તનાવની અસરો સામેના મનોવૈજ્ઞાનિક નિયામકો</p>	<p>25 %</p> <p>15 Hours</p>
<p>Unit - 2 શારીરિક સ્વરૂપના અને વિઘટનાત્મક મનોવિકારો</p>	<p>Somatoform disorders and Dissociative disorders</p> <p>શારીરિક સ્વરૂપના અને વિઘટનાત્મક મનોવિકારો</p> <p>Views on Somatoform disorders</p> <p>શારીરિક સ્વરૂપના મનોવિકારો અંગેના વિવિધ મતો</p>	<p>25 %</p> <p>15 Hours</p>

<p>છિન્ન મનોવિકાર</p>	<p>Schizophrenia - meaning and definition, characteristics, types</p> <p>છિન્ન મનોવિકાર - અર્થ, વ્યાખ્યા, લક્ષણો, પ્રકારો</p> <p>Explanation of causes of Schizophrenia</p> <p>છિન્ન મનોવિકારના કારણોની સમજૂતી</p>	
<p>Unit-3</p> <p>Substance related disorders</p> <p>પદાર્થ સંબંધિત મનોવિકારો</p>	<p>3. Substance related disorders પદાર્થ સંબંધિત મનોવિકારો</p> <p>3.1 Depressant drugs (Alcohol - effects and prevention)</p> <p>શામક ઔષધો (મદ્ય અથવા દારૂ - અસરો અને અટકાયત)</p> <p>3.2 Sedative - hypnotic drugs (Opioids and related drugs)</p> <p>શામક - વિભ્રમાત્મક ઔષધો (અફીણ અને તેના સંબંધિત ઔષધો)</p> <p>3.3 Stimulants drugs (Cocaine, Amphetamines, Caffeine, Nicotine)</p> <p>ઉત્તેજક ઔષધો (કોકેન, એમ્ફેટામાઈન્સ, કેફીન, નિકોટીન)</p> <p>3.4 Hallucinogens drugs (L.S.D. , Cannabis)</p> <p>વિભ્રમાત્મક ઔષધો (L.S.D. અને કેનાબીસ)</p> <p>3.5 Explanations of Substance related disorders</p> <p>પદાર્થ સંબંધિત મનોવિકારોની સમજૂતી</p>	<p>25 %</p> <p>15 Hours</p>
<p>Unit-4</p> <p>Personality disorders</p> <p>વ્યક્તિત્વ મનોવિકારો</p>	<p>4. Personality disorders:</p> <p>વ્યક્તિત્વ મનોવિકારો</p> <p>4.1 Meaning and characteristics</p> <p>અર્થ અને લક્ષણો</p> <p>4.2 Types of Odd and Eccentric behavior</p> <p>વિચિત્ર અને ધૂની વર્તનના પ્રકારો</p> <p>4.3 Types of Dramatic, Emotional and Erratic behavior</p> <p>નાટકી, આવેગમય અને તરંગી વર્તનના પ્રકારો</p> <p>4.4 Types of Anxious or Fearful behavior</p> <p>ચિંતાગ્રસ્ત કે ભયચુકત વર્તનના પ્રકારો</p>	<p>25 %</p> <p>15 Hours</p>

	<p>4.5 Explanation of Personality disorders વ્યક્તિત્વ મનોવિકારોની સમજૂતી</p> <p>4.6 Psychotherapy - Meaning and objectives માનસોપચાર - અર્થ અને ઉદ્દેશ્યો</p> <p>4.7 Different methods of Psychotherapy વિવિધ માનસોપચાર પદ્ધતિઓ</p>	
	<p>READINGS :</p> <p>(1) Abnormal Psychology - Ronald J. Comer. Second Edition. W.H. Freeman and company. New York.</p> <p>(2) Abnormal Psychology - Spencer Rathus, Jeffreys. Nevid st. John's University. Printice Hall. Engle wood cliffs, New Jersey.</p> <p>(3) Abnormal Psychology The Problem of Maladaptive Be-haviour, Tenth Edition, Irwin Sarason, Barbara, Sarason, University of Washington, Pearson Education.</p> <p>(4) Abnormal Psychology. An Integrative Approach. David H. Barlow. V. Wiersma Durand. University at Albany state University of New York Books/cole publishing company. New York.</p> <p>(5) Abnormal Psychology Coleman.</p> <p>(6) Abnormal Psychology - Understanding Behaviour Disorders. Jack Roy Strange. Southern Methodist University Mc Graw-Hill Book Company New York.</p> <p>(7) Abnormal Psychology - A clinical Approach to Psychological Deviants James D. Page. Temple University. Mc Graw-Hill Book Company. Inc. New York.</p> <p>(8) An Introduction to Abnormal Psychology V.E. Fisher. New York University. The Macmillan Company New York.</p> <p>(9) Introduction to Psychopathology: Lamm A.</p> <p>(10) Psychopathology: Buss A.H. N.Y. John Wiley.</p> <p>(11) Lamm A. (1997) Introduction to psychopathology N.Y. Sage.</p> <p>(12) Buss A.H. (1999) Psychopathology N.Y. John Wiley</p> <p>(13) DSM IV classification</p> <p>(14) Manovikaro nu manovigyan, Shree Gajanan Pustakalay, Surat, Bhatt Pramila R,</p>	

[Subject code-2501001206026602]

B. A. PSYCHOLOGY Semester-VI

Programme/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code:	Course Title: Industrial and Organizational Psychology ઔદ્યોગિક અને સંગઠનનું મનોવિજ્ઞાન	
Course Credit: 4	COURSE CATEGORY: MAJOR-15 (B)	
Teaching Hours: 60 (Hours)	Total Marks:100 (50+50)	
Total No. of Lectures – Tutorials – Practical (In hours per Week): L-T-P: 4 - 0 –0		

Note: -

University Exam	:	50
Internal Exam	:	50
Total	:	100

**COURSE
OUTCOMES :**

- 1 TO MAKE AWARE STUDENTS TOWARDS RELATION OF PSYCHOLOGY AND ORGANIZATIONAL SYSTEMS.
- 2 TO DEVELOP AWARENESS ABOUT FIELD OF INDUSTRIAL AND ORGANIZATIONAL PSYCHOLOGY.
- 3 TO DEVELOP SCIENTIFIC APPROACH ABOUT WORK ENVIRONMENT.
- 4 TO UNDERSTAND MOTIVATION AND INCENTIVES FOR WORKERS IN INDUSTRIAL SET UP.
- 5 TO AWARE STUDENTS ABOUT ROLE OF LEADER IN INDUSTRIAL SET UP.

Details of Modules

Modules	Content/Topic	Weightage and Teaching Hours
Unit: I	<p>[1] Work Environment (કાર્યનું પર્યાવરણ)</p> <p>1.Introduction (પ્રાસ્તાવિક)</p> <p>2.Work Environment (કાર્યનું પર્યાવરણ)</p> <p>3.Fatigue Meaning, Types, Nature, Measurement, Components, Experiment (થાકનો અર્થ, પ્રકાર, પાસાં, સ્વરૂપ, માપન, ઘટકો, પ્રયોગ)</p> <p>4.Alleviation of Fatigue (થાકને ઘટાડવાના ઉપાયો - ઉત્પાદકતા અને કાર્યક્ષમતાને અસર કરતાં ઘટકો)</p> <p>5.Boredom-Meaning & Nature (અરોચકતાનો અર્થ અને સ્વરૂપ)</p> <p>6.Affecting factors of Boredom (અરોચકતાને અસર કરતાં ઘટકો)</p> <p>7.Alleviation of Boredom (અરોચકતા ઘટાડવાના ઉપાયો)</p> <p>8.Fatigue and Boredom differentiated (થાક અને અરોચકતા વચ્ચેનો તફાવત)</p> <p>[2] Motivation and Incentive (પ્રેરણા અને પ્રલોભન)</p> <p>1.Introduction (પ્રાસ્તાવિક)</p> <p>2.Motivation (પ્રેરણા)</p> <p>3.Motivation Theories (પ્રેરણાના સિદ્ધાંતો)</p> <p>1) Need Hierarchy Theories (જરૂરિયાતોના શ્રેણીક્રમનો સિદ્ધાંત)</p> <p>2) Valence-Expectancy Theory (આકર્ષકતાની અપેક્ષાનો સિદ્ધાંત)</p> <p>3) ERG Theories ઈ.આર.જી. સિદ્ધાંત</p>	<p>25%</p> <p>15 Hours</p>

	<p>4) Motivator-Hygiene (Two Factor) Theories (દ્વિઘટક સિદ્ધાંત)</p> <p>5) Job Characteristics Theory (કાર્યની લાક્ષણિકતાઓનો સિદ્ધાંત)</p> <p>4. Conflict, motives and frustration (પ્રેરણા, સંઘર્ષ અને હતાશા)</p> <p>5. Incentives (પ્રલોભન)</p> <p>6. Types of Incentives (પ્રલોભનોના પ્રકાર)</p> <p>(1) Financial Incentives (આર્થિક પ્રલોભનો)</p> <p>(2) Non-Financial Incentives (બિન-આર્થિક પ્રલોભનો)</p>	
Unit: II	<p>[3] Job Satisfaction and Morale (કાર્યસંતોષ અને જોમ)</p> <p>1. Introduction (પ્રાસ્તાવિક)</p> <p>2. Attitude (મનોવલણ)</p> <p>3. Job Satisfaction (કાર્યસંતોષ)</p> <p>4. Components of Job Satisfaction (કાર્યસંતોષનાં ઘટકો)</p> <p>5. Characteristics of Satisfied worker (સંતુષ્ટ કર્મચારીનાં લક્ષણો)</p> <p>6. Job-Satisfaction and Performance (કાર્યસંતોષ અને કાર્યકર્તૃત્વ)</p> <p>7. Industrial Morale (ઔદ્યોગિક જોમ)</p> <p>8. Affecting factors of Morale (જોમને અસર કરતાં ઘટકો)</p> <p>9. Determination of Morale (જોમના નિર્ણાયક)</p> <p>10. Increasing Industrial Morale (ઔદ્યોગિક જોમ વધારવાના ઉપાયો)</p> <p>[4] Stress: Its Causes, Impact and Management તાણ : કારણો, અસર અને વ્યવસ્થાપન</p> <p>1. Introduction (પ્રાસ્તાવિક)</p> <p>2. Meaning-Definition and Types of stress (તાણનો અર્થ - વ્યાખ્યા અને પ્રકાર)</p>	<p>25% 15 Hours</p>

	<p>3. Occupational Health Psychology (વ્યાવસાયિક સ્વાસ્થ્યનું મનોવિજ્ઞાન)</p> <p>4. Model of stress (માનસિક તાણનું મોડલ)</p> <p>5. Individual Differences in Stress Responses (તાણ અને વ્યક્તિગત તફાવતો)</p> <p>6. Causes of Stress in the work place (Potential Sources of stress) કાર્યસ્થળે ઉપજતી તાણનાં કારણો (તાણનાં સંભવિત ઉદભવસ્થાનો)</p> <p>7. Effect of Stress (તાણની અસરો)</p> <p>1. Physiological Effects (શારીરિક અસરો)</p> <p>2. Psychological Effects (મનોવૈજ્ઞાનિક અસરો)</p> <p>3. Behavioural Effects (કાર્યાત્મક/વાર્તાનિક અસરો)</p> <p>8. Stress Management (તાણનું નિવારણ / વ્યવસ્થાપન)</p>	
Unit: III	<p>[5] Industry and Organization (ઉદ્યોગ અને સંગઠન)</p> <p>1. Introduction (પ્રસ્તાવિક)</p> <p>2. Meaning and Definition of Organization (સંગઠનનો અર્થ અને વ્યાખ્યા)</p> <p>3. Characteristics of Organization (સંગઠનના લક્ષણો)</p> <p>4. Organization Structure (સંગઠનની સંરચના)</p> <p>5. Elements of Organization Structure (સંગઠનની સંરચનાના ઘટકો)</p> <p>6. Importance of Organizational Structure (સંગઠનની સંરચનાનું મહત્વ)</p> <p>7. Type of Organizational Structure (સંગઠનની સંરચનાના પ્રકારો)</p>	<p>25% 15 Hours</p>

Unit: IV	<p>[6] Leadership in Organization (સંગઠનમાં નેતૃત્વ)</p> <ol style="list-style-type: none"> 1. Introduction (પ્રાસ્તાવિક) 2. Meaning of Leadership (નેતૃત્વના અર્થ) 3. Theories of Leadership (નેતૃત્વના સિદ્ધાંતો) 4. Recent Approach to Leadership (નેતૃત્વ અંગેના તાજેતરના અભિગમો) 5. Leadership Styles (નેતૃત્વની શૈલીઓ) 6. Function of leaders in the Organization (સંગઠનમાં નેતાનું કાર્ય) 7. Importance of Leadership (નેતૃત્વનું મહત્વ) 8. Leadership and Power (નેતૃત્વ અને સત્તા) 9. Characteristics and Skills of Successful Leader (સફળ નેતાનાં લક્ષણો અને કૌશલ) 10. Supervisors (પર્યવેક્ષક) 	
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Reading

- 1) Siegal and Lane 3rd Ed 1977 'Psychology In Industrial Organization' D. B. Taraporwala and Co. Mumbai.
- 2) Schultz, D. and Schultz S.E. (2002) 'Psychology & Work Today' Delhi, Person Education (First Indian Reprint, 2004).
- 3) Harrel T.W. 'Industrial Psychology' Oxford Book Co-Calcutta.
- 4) D. P. Schultg (1989) "An Introduction to Industrial and Organizational Psychology" Newyark, MC Million Pub.
- 5) પાઠક બી.પી., ઔદ્યોગિક અને સંગઠનાત્મક મનોવિજ્ઞાન, શ્રી ગજાનન પુસ્તકાલય, સુરત.
- 6) પરીખ બી.એ., ઔદ્યોગિક મનોવિજ્ઞાન, યુનિવર્સિટી ગ્રંથ નિર્માણ બોર્ડ, અમદાવાદ.

[Subject code-2501001206030603]

B. A. PSYCHOLOGY Semester-VI

Programme/Class: Degree	Year: Third	Semester: Six
Subject: Psychology		
Course Code:	Course Title: Experimental Psychology (Practical's)-II	
Course Credit: 4	COURSE CATEGORY: MAJOR-16	
Teaching Hours: 60 (Hours)	Total Marks:100 (50+50)	
Total No. of Lectures – Tutorials – Practical (In hours per Week): L-T-P: 2 - 0 – 2 (Per Batch 20 Students)		

Course Outcomes	
1	To develop scientific temperament.
2	To make aware students towards experimental process.
3	To understand psychological theories through scientific experiment.
4	To train student to perform scientific experiment.
5	To study past important experiments and learn from it.

Note: -

marks: -

University Exam	:	50
Internal Exam	:	50
Total	:	100

Distribution of Practical

1 - Write up experiment:	15
2 – Performance	: 10
3 – Journal	: 15
4 – Viva	: 10
Total Marks	: 50

The practical examination will be held for three hours. One experiment will be conducted. This will be followed by a viva voce examination to test the candidate's knowledge of principles, experimental procedure and instrumentation.

In Psychology Practical, depending on the physical facilities in the laboratory, there should be 20 students in a batch for practical demonstration. Each batch should be allotted 04 hours. The report of each experiment included in the journal should contain information about the experiment conducted on the following 10 points.

1. Problem:

Its statement purpose of the study or hypothesis to be tested, Introduction to the Problem either for clarification or development of the problem in brief.

2. Aim of Practical:

Its deferent statements about objectives of practical.

3. Apparatus:

Just listing of various apparatus and material used, if necessary, diagram of the experiment all set up should be drawn.

4. Experimental design:

Appropriate experimental design as per objectives of the study.

5. Variables

Various Variables included in experimental study.

6. Procedure:

Describing exactly what is done from the beginning to end of the experiment, instructions list of variable independents, dependent and controlled methods of recording and treatment of the data.

7. Result and discussion:

Summary tables the graphs and the introspective report to be included, raw data is to put in the appendix at the end of the experiment discussion of the results.

8. Conclusions:

Brief precise and numbered points.

9. References:

Book consulted

10. Appendix:

Raw data, calculation sheets and original sheet used for recording purpose.

Course Specific outcomes	
1	To learn rant and pair method of psychophysics.
2	To understand process and effects of transfer of training.
3	To learn trial and error principle through maze learning.
4	To check span of attention as well as fluctuation of attention.
5	To understand the process of growth of concept.
6	To examine various factors related to learning process.
7	To study emotional expression.

B.A. SEM - VI (Psychology Paper - 16)

List of Practical (Any Six Practical Performed)

1	Span of Attention (ધ્યાન વિસ્તાર)
2	Conceptual Contact and Learning (અર્થયુક્ત સામગ્રી અને શિક્ષણ)
3	Learning to trace the maze (ભૂલભૂલામણી દ્વારા શિક્ષણ)
4	Division of Attention (ધ્યાન વિભાજન)
5	Method of ranking and paired comparison: Comparison between the methods by determining colour preference. (ક્રમાંક અને યુગ્મતુલના પદ્ધતિ : રંગ પસંદગી અંગે બન્ને પદ્ધતિનો તુલનાત્મક અભ્યાસ)
6	Learning: Letter-Digit Substitution (શિક્ષણ: અક્ષર-અંક અવેજીકરણ)
7	Transfer of Training [શિક્ષણ (તાલીમ) સંક્રમણ]
8	To growth of Concepts [સામાન્ય તત્વબોધન (પ્રત્યય બોધન) નો વિકાસ]
9	Learning by Mirror Drawing (દર્પણાલેખન)
10	Judging Emotions from Photographs. (તસવીરો પરથી આવેગ નિર્ણય)

Readings

1. Kuppaswamy B.
Elementary experiments in Psychology
Mysore City, Western Press & Co. 1954.
2. Valentine C. W.
Introduction to experimental Psychology
N.W.I. University tutorial Press Ltd. 1953.
3. Woodworth R.S. & Schlosberg H.
Experimental Psychology Oxford & IBH Publishing Company.
Calcutta-1971.
4. કાનાવાલા એ.સી.
પ્રાયોગિક મનોવિજ્ઞાન-પ્રયોગપોથી
યુનિવર્સિટી ગ્રંથનિર્માણ બોર્ડ,
અમદાવાદ-૧૯૯૪

[Subject code-2501001206040604]

VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT

B. A. (Hon.) (PSYCHOLOGY) SEMESTER - VI

PROGRAMME/CLASS : DEGREE	YEAR : THIRD	SEMESTER : VI
SUBJECT : PSYCHOLOGY		
COURSE CODE:	COURSE TITLE : COUNSELLING PSYCHOLOGY	
COURSE CREDIT : 4	COURSE CATEGORY : MINOR-6(A)	
TEACHING HOURS : 60 (HOURS)	TOTAL MARKS : 100 (50+50)	
TEACHING METHODOLOGY : LECTURER & DEMONSTRATION		

COURSE OUTCOMES :

- (1) TO STUDY BASIC CONCEPTS OF COUNSELLING PSYCHOLOGY.
- (2) TO UNDERSTAND THE BASIC METHODS OF COUNSELLING.
- (3) TO LEARN VARIOUS FIELDS OF COUNSELLING.
- (4) TO STUDY THE CHARACTERISTICS OF COUNSELLER.
- (5) TO UNDERSTAND THE WHOLE PROCESS OF COUNSELLING.
- (6) TO STUDY THE PROBLEMS OF ADULT IN INDIA.
- (7) TO LEARN NEED OF COUNSELLING IN INDIA AND PROBLEMS OF INDIAN STUDENTS.
- (8) TO LEARN ROLE OF YOGA AND MEDITATION IN COUNSELLING.
- (9) TO STUDY THE APPROACHES OF COUNSELLING.
- (10) TO TRAIN STUDENTS FOR INTERVIEW PROCESS FOR COUNSELLING.
- (11) TO LEARN ABOUT GROUP COUNSELLING.

COURSE DETAIL

MODULES	CONTENT/TOPIC	WEIGHTAGE AND TEACHING HOURS
UNIT - 1 PROCESS OF COUNSELLING	STEPS OF THE COUNSELLING PROCESS - સલાહ પ્રક્રિયાના પગથિયાં COUNSELLING ENVIRONMENT - સલાહનું વાતાવરણ INTERVIEW PROCESS FOR COUNSELLING - સલાહ માટેની મુલાકાત પ્રક્રિયા BEHAVIOR FOR COUNSELLOR - સલાહકારનું વર્તન INTERVIEW METHODS FOR COUNSELLING - સલાહની મુલાકાત પદ્ધતિઓ	25% 15 HOURS
UNIT - 2 TECHNIQUES OF COUNSELLING	COUNSELLING TECHNIQUES - સલાહની મુખ્ય પદ્ધતિઓ ROLE OF YOGA AND MEDITATION IN COUNSELLING TECHNIQUES - સલાહની પદ્ધતિમાં યોગ અને ધ્યાનની ભૂમિકા	25% 15 HOURS
UNIT - 3 COUNSELLING APPROACHES	EMOTIONAL APPROACHES OF COUNSELLING - સલાહના ભાવાત્મક અભિગમો EMOTIONAL APPROACHES OF COUNSELLING - સલાહના વાર્તાનિક અભિગમો COGNITIVE APPROACH OF COUNSELLING - સલાહના બોધનાત્મક અભિગમો	25% 15 HOURS
UNIT - 4 FIELDS OF COUNSELLING IN SOCIETY	GROUP COUNSELLING - જૂથ સલાહ MEANING OF GROUP COUNSELLING - જૂથ સલાહનો અર્થ NEED FOR GROUP COUNSELLING - જૂથ સલાહની જરૂરીયાત OBJECTIVES OF GROUP COUNSELLING - જૂથ સલાહના ઉદ્દેશ્યો STAGE OF GROUP COUNSELLING - જૂથ સલાહના સોપાનો	25% 15 HOURS

ADVANTAGE & DIS ADVANTAGE OF GROUP COUNSELLING	- જૂથ સલાહના ફાયદા અને મર્યાદાઓ	
SKILLS FOR COUNSELLOR	- સલાહકારના કૌશલ્ય	
MALADJUSTMENT AND MENTAL HEALTH	- કુસમયોજન અને માનસિક સ્વાસ્થ્ય	
MEANING AND CAUSES OF MALADJUSTMENT	- કુસમયોજનનો અર્થ અને પ્રકારો	
MENTAL HEALTH	- માનસિક સ્વાસ્થ્ય	

REFERENCE BOOKS- JOURNALS

- 1- "Introduction of Counseling" By Tolber E.L. McGraw hill Book Company, New York 2nd Ed. 1972
- 2- "Introduction to Counseling" By Belkin G.S. W.G. Brown Publishers (1988)
- 3- "Psychological Counseling in India" by Fuster J.M. Macmillan Company (1964)
- 4- "The Theory and practice of Counseling "Psychology" by Nelson J. Publisher Holt Rinchart & Winston (1981)
- 5- "Stress and its management by Yoga" by Udupa, K.N. Publisher, Moti1al Bansari Das. (1985)
- 6- "Counseling, Theory and Process" by Hansen J.C., Stevic R.R. & Warner R.W. Publisher Allyn and Bacon Inc.
- 7- "Guidance and Counseling in India Education" by Prem pasricha publisher, NCERT, New Delhi (1976)
- 8- "Theory Methods and Process of Counseling" by George R.C. & Cristiani T.R. Publisher Prentice Hall Inc.
- 9- "Counseling in Action" by Windy D. Publisher, Sage Publication (1988)
- 10- "Salah Manovigyan" by Dr. S.T. Patel Publisher University Grant Nirman
- 11- "Salah Manovigyan" by Prof. C.B. Dave, K.K. Mehta Publisher Viral prakashan.



**VEER NARMAD SOUTH GUJARAT
UNIVERSITY**

***PROGRAM /COURSE STRUCTURE AND SYLLABUS
as per the Choice Based Credit System (CBCS) designed in accordance
with
Learning Outcomes-Based Curriculum Framework (LOCF)
of National Education Policy (NEP) 2020
for Undergraduate Program in PSYCHOLOGY***

**B.A. IN PSYCHOLOGY PROGRAMME
AS PER NEP 2020
(Effective from June-2025)**

VEER NARMAD SOUTH GUJARAT UNIVERSITY - SURAT
NEP 2020
CREDIT FRAMWORK FOR UNDERGRADUATE PROGRAMME
FACULTY: BACHELOR OF ARTS
APPLIED: JUNE 2025

COURSE STRUCTURE OF

**B.A. in Psychology Programme
B. A. Psychology (Minor OPTIOAN) Semester VI
(Diploma in Psychology)**

[Subject code-2501001206046604]

B.A Psychology Semester-VI

Programme/Class: Diploma	Year : THIRD	Semester : SIX
Subject : Psychology		
Course Code :	Course Title : STRESS MANAGMENT	
Course Credit : 4	Course Type : MINOR (OPTIONAL)	
Teaching Hours : 60 (Hours)	Total Marks : 100 (50+50)	
Teaching Methodology : Lecture & Demonstration		

1. Course Outcomes દરેકવિષયનીશરૂઆતમાં દર્શાવેલ છે ? હા
2. Employability/Entrepreneurship/Skill Development પરકેન્દ્રિતથયેલ છે કે નહિ ? હા
3. Value added Courses Imparting Transferable and Life Skillsનાગુણોધરાવે છે ? હા
4. Major Minor Sk Enhancement Courses
Ability Enhancement Courses Value Added Courses Exi Vocational Courses
5. Holistic Education Interdisciplinary Int disciplinary
6. દિવ્યાંગમાટેવિષયઅંતર્ગતઆનુસાંગિકજોગવાઈકરાયેલ છે ? ના
7. New India Literacy Programme (NILP) મુજબનોવિષય છે ? ના
8. Swayamપ્લેટફોર્મપરના MOOC વિષયપરઆધારિતઆવિષય છે ? ના
9. ઇન્ડિયનનોલેજસીસ્ટમ)IKS(પરઆધારિતવિષય છે ? હા

COURSE OBJECTIVES:

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

Details of Modules Details of Modules

Modules	Content/ Topic	Weightage and Teaching Hours
Unit: 1	<p>Introduction પરિચય</p> <p>1, Meaning, Definition, Characteristics અર્થ, વ્યાખ્યા, લાક્ષણિકતાઓ</p> <p>2, Nature સ્વરૂપ</p> <p>3, signs and Symptoms ચિહ્નો અને નિશાનીઓ</p> <p>4, Effects of stress તણાવની અસરો</p> <p>5, Resistance to Stress – 1, general efforts, 2, action-oriented efforts, 3, self-defensive efforts, 4, Fight or Flight</p> <p>ભારનો પ્રતિકાર – 1, સામાન્ય પ્રયાસો, 2, કાર્યાભિમુખ પ્રયાસો, 3, સ્વ-બચાવાત્મક પ્રયાસો, 4, લડો કે ભાગો</p>	<p align="center">25% 15 Hours</p>
Unit: 2	<p>Sources of stress તણાવના સ્ત્રોતો</p> <p>1 Individual: Family Issues, Personality factors, Social Factors, વ્યક્તિગત: કૌટુંબિક, અંગત ઘટકો, સામાજિક</p> <p>2 Environmental: Economic Environment, political & Government Environment, Technological Environment વાતાવરણ સંબંધિત : આર્થિક વાતાવરણ, રાજકીય અને સરકાર સંબંધિત વાતાવરણ, ટેકનોલોજી સંબંધિત વાતાવરણ</p> <p>3 Organizational Factors: tasks Demands, Organizational structure, Organizational leadership સંગઠન સંબંધિત : વ્યવસાયની, માંગણીઓ, સંગઠનની સંરચના, સંગઠનનું નેતૃત્વ,</p> <p>4 Other Sources of stress, (Accrue Stress) Chronic Stress, Emotional Stress, Situational Stress, ઉપાર્જિત તણાવ, કાયમી કે હંમેશનો તણાવ, ભાવનાત્મક તણાવ, પરિસ્થિતિગત તણાવ,</p>	<p align="center">25% 15 Hours</p>

	5, Strategies of stress Management તણાવના વ્યવસ્થાપનની વ્યૂહરચનાઓ	
Unit: 3	Stress Management- તણાવ સંચાલન 1, Stress management: Introduction તણાવ સંચાલન : પરિચય 2, Levels of stress management તણાવ સંચાલનના સ્તરો 3, Stress management techniques તણાવ સંચાલનની તકનીકો 4, Stress and students તણાવ અને વિદ્યાર્થી. 5, Tension in relationships. સંબંધોમાં તણાવ. 6, Depression and stress હતાશા અને તણાવ 7, Emotional Intelligence and stress ભાવનાત્મક બુદ્ધિમત્તા અને તણાવ	25% 15 Hours
Unit-4	Stress management: Other methods તણાવ સંચાલન : અન્ય પદ્ધતિથી 1, Role of Yoga in Stress Management તણાવ સંચાલનમાં યોગની ભૂમિકા : 2, Stress in daily life: રોજિંદા જીવનમાં તણાવ : 3, Stress management challenges તણાવ સંચાલનના પડકારો : 4, Stress Management – Do It Yourself વ્યૂહાત્મક તણાવ સંચાલન – જાતે કરો. (Do it Yourself) 5, Stress management bean traditional ways – music, religion, philosophy, dialogue તણાવ સંચાલન બીન પરંપરાગત માર્ગો – સંગીત, ધર્મ, તત્વજ્ઞાન, સંવાદ 6, Cognitive Therapy જ્ઞાનાત્મક ઉપચાર	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 Gujarat University of 50 Marks (4 Descriptive Questions and 1 MCQ)

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

TEXT BOOKS & REFERENCES

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2. Baron. L & Feist.J (2000) Health Psychology 4th edition, USA Brooks/Cole
3. Barlow, Rapee, and Perini (2014), 10 Steps to Mastering Stress: A Lifestyle Approach, USA
4. Clayton,M, (2011).Brilliant stressmanagement How to manage stress in any situation's 1st edition, Great Britain Pearson Education
5. Cooper,C,& Palmer,S, (2000)Conquer Your Stress, London: Institute of personal development Universities Press
6. Dutta, P,K, (2010) Stress management Himalaya, Himalaya Publishing House
7. Lee, K. (2014). Reset: Make the Most of Your Stress: Your 24-7 Plan for Well-being. Universe Publishing.
8. Ogden.J (2000) Health Psychology 2nd edition Philadelphia, Open university press
9. Olpin, M. & Hesson, M. (2015). Stress Management for Life: A Research-Based Experiential Approach. 4th edition. Wadsworth Publishing.
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11. Roy,S (2012) Managing stress, Sterling Publication 11. Taylor S.E (1998) Health Psychology 3rd edition, New York. Mc GrawHill
- Arora S., Agarwal M. (2022), "Yoga & Stress Management", Khel Sahitya Kendra ISBN: 978-93-90461-38-7.
12. Pawar,B., Gosain,N., Sharma,S.(2021), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-81-7216-579-6. 36 3. Saini, N. (2020).
13. "Yoga & Stress Management", Friends Publications. New Delhi. ISBN: 978-93-88457-58-3
14. Arora S., Agarwal M. (2020), "Yoga Skills", Khel Sahitya Kendra ISBN: 978-81-947808-4-7.

On-line resources to be used if available as reference material On-line Resources

1. <https://indiafreenotes.com/potential-source-of-stress-environmental-organizational-and-individual/>
2. <https://courses.lumenlearning.com/wm-organizationalbehavior/chapter/sources-of-stress/>
3. <https://businessjargons.com/job-enrichment.html>
4. <https://ccsme.org/wp-content/uploads/2017/10/2017.10.24-The-12-Core-Functions.pdf>
5. <https://www.simplinotes.com/stress-stress-management-meaning-definitions-featurescauses-burnout-rustout/>
6. <https://www.verywellmind.com/stress-and-health-3145086>
7. <https://www.pathways.com/pathways-at-work/blog/job-stress-and-employee-performance>
8. <https://www.webmd.com/balance/stress-management/stress-management>