

As per the NEP 2020
Psychology
(Minor Syllabus)
(Effective from Academic Year 2024-2025 onwards)



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Semester	Course Code	Course Title	Contact Hrs per Week			Credits	Weightage (%)		
			L	T	P		CWS	MTE	ETE
I	24BSY5101M	General Psychology	2	0	0	2	10	20	70
II	24BSY5201M	Youth, Gender And Identity	2	0	0	2	10	20	70
III	24BSY6301M	Psychology For Health And Wellbeing	4	0	0	4	10	20	70
IV	24BSY6401M	Organizational Psychology	4	0	0	4	10	20	70
V	24BSY7501M	Developing Emotional Competence	4	0	0	4	10	20	70
VI	24BSY7601M	Leadership and Team Building	4	0	0	4	10	20	70
VI	24BSY7602M	Psychology of Entrepreneurship	4	0	0	4	10	20	70

Semester – I

Course Title:	General Psychology	Course Code: 24BSY5101M
Total Lecture hour 30		
Unit I	Orientation to Psychology: Nature, fields and applications of psychology; Cognitive Processes: Learning, memory and problem solving; Conative Processes: Motivation, types of motives (Sociogenic/Psychogenic motives); Affective Processes: Emotion, Positive and negative emotion	Hours 8
Unit II	Psychology of Individual Differences: Theories of personality: Freudian psychoanalysis, type and trait ; humanistic; Theories of intelligence: Spearman 'g' theory, Sternberg and Gardner; Emotional intelligence; Assessment of intelligence and personality	8
Unit III	Understanding Developmental Processes: Cognitive Development: Piaget; Moral Development: Kohlberg; Psycho-social Development: Erikson	7
Unit IV	Applications of Psychology: Work; Health	7
Reference Books:		
1	Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.	
2	Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson	
3	Feldman.S.R.(2009).Essentials of understanding psychology (7rdEd.) New Delhi : Tata McGraw Hill	
4	Glassman,W.E.(2000).Approaches to Psychology(3 Ed.) Buckingham:OpenUniversity Press.	

Semester – II

Course Title:	Youth, Gender And Identity	Course Code: 24BSY5201M
Total Lecture hour 30		
Unit I	Concepts of Youth: Transition to Adulthood, Extended Youth in the Indian context, Concepts of Gender: Sex, Gender Identity, Sexual Orientation, Gender Roles, Gender Role Attitudes, Gender Stereotypes	Hours 10

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	Concepts of Identity: Multiple identities	
Unit II	Youth and Identity Family: Parent-youth conflict, sibling relationships, intergenerational gap Peer group identity: Friendships and Romantic relationships Workplace identity and relationships Youth culture: Influence of globalization on Youth identity and Identity crisis	6
Unit III	Gender and Identity Issues of Sexuality in Youth Gender discrimination Culture and Gender: Influence of globalization on Gender identity	7
Unit IV	Issues related to Youth, Gender and Identity Youth, Gender and violence Enhancing work-life balance Changing roles and women empowerment Encouraging non-gender stereotyped attitudes in youth	7
Reference Books:		
1	Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.	
2	Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). Social Psychology (12th Ed.). New Delhi: Pearson.	

Semester – III

Course Title:	Psychology For Health And Wellbeing	Course Code: 24BSY6301M
Total Lecture hour 60		
Unit I	Illness, Health and Wellbeing: Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and wellbeing.	Hours 15
Unit II	Stress and Coping: Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management	15
Unit III	Health Management: Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management	15
Unit IV	Human strengths and life enhancement: Classification of human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance	15
Reference Books:		
1	Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.	
2	DiMatteo, M.R. & Martin, L.R. (2002). Health psychology. New Delhi: Pearson. Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton. Hick,	
3	Snyder, C.R., & Lopez, S.J. (2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.	
4	Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill.	

Semester – IV

Course Title:	Organizational Psychology	Course Code: 24BSY6401M
Total Lecture hour 60		
Unit I	Introduction to I/O Psychology: Definition, Brief History, Contemporary Trends and Challenges	Hours 15

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Unit II	Work Motivation: Theories and applications: Maslow, Herzberg, Goal Setting, Expectancy, Equity	15
Unit III	Communication in Organizations: Communication process, purpose of communication in organizations, barriers to effective communication, managing communication	15
Unit IV	Leadership: Early approaches to leadership, contemporary approaches to leadership- Transformational & Transactional Leadership	15
Reference Books:		
1	Menon, N. (2008). Sexualities: Issues in contemporary Indian feminism. New Delhi: Sage.	
2	Mohanty, M. (2008). Class, caste and gender. New Delhi: Sage.	
3	Saikia, N. (2008). Indian women: A socio-legal perspective. New Delhi: Serials publications.	

Semester- V

Course Title:	Developing Emotional Competence	Course Code: 24BSY7501M
Total Lecture hour 30		Hours
Unit I	Introduction: Development of Emotions in childhood, Concept of Emotional Intelligence. Historical development of Emotional Intelligence.	8
Unit II	Meaning and Importance of Emotional Competence, Emotional Competence and wisdom. Models of Emotional Intelligence, Strategies to develop Emotional Competence	8
Unit III	Constructs of Emotional Competence: Self Awareness, Self-regulation, Empathy, Interpersonal Skills, Motivation. Correlates of Emotional Intelligence: Happiness, Self Esteem, Stress, Depression, Anxiety, Fear	8
Unit IV	Applications of Emotional Competence: Managing stress and preventing Suicide through Emotional Intelligence, Spirituality and Meditation.	6
Suggested Books:		
1. D. Goleman, Emotional Intelligence. New York: Bantam Book (1995).		
2. D. Goleman, Working with Emotional Intelligence. New York: Bantam Books (1998).		
3. J.W. Santrock, Life span Development, 13th Edition. New Delhi: McGraw Hill (2017).		
4. Peterson, C. (2006). A primer in Positive Psychology. Oxford University Press.		
5. D. Singh, Emotional intelligence at work (2nd Ed.) New Delhi: Response Books (2003).		

Semester- VI

Course Title:	Leadership and Team Building	Course Code: 24BSY7601M
Total Lecture hour 30		Hours
Unit I	Leadership as a Process, Leader Development, skills for developing oneself as a leader, Power and Influence, Leadership Ethics and Traits, leadership Attributes.	8
Unit II	Leadership Behaviour, Motivation, satisfaction, and Performance, Leadership styles	8
Unit III	Groups, teams and leadership, Skills for developing others, The Situation, Contingency theories of Leadership, Leadership and Change, The dark side of Leadership	8
Unit IV	Teams: conceptual foundations, Team effectiveness, Leading teams: Enhancing teamwork within group: The leader's role in team-based organizations, Team work, Understanding team processes and Team	6

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	Coaching, Virtual teams, managing multicultural teams.	
Suggested Books:		
1. Hughes, R., Ginnett, R. and Curphy, G., Leadership: Enhancing the Lessons of Experience, McGraw Hill Education, (2015).		
2. Katzenback, J.R., Smith, D.K., The Wisdom of Teams: Creating the High Performance Organizations, Harvard Business Review Press, (2015).		
3. Luthans, F. (2010). Organizational Behavior (12th ed.). New Delhi: McGraw Hill		
4. Pareek, U. & Khanna, S., "Understanding Organizational Behavior," 4th Ed, Oxford University Press. (2018).		

Course Title:	Psychology of Entrepreneurship	Course Code: 24BSY7602M
Total Lecture hour 30		Hours
Unit I	Entrepreneurship: Meaning, Importance and Evolution, Factors influencing entrepreneurship: Psychological, Social, Economic, Environmental; Types of entrepreneurs.	8
Unit II	Entrepreneurial Motivation- achievement, Culture & Society, Values / Ethics, Risk taking behaviour, Creativity and entrepreneurship, Innovation and inventions, Legal Protection of innovation	8
Unit III	Entrepreneurial Personality- John G Burch's list of characteristics, Entrepreneurial Cognition, Entrepreneurial Emotion and Well-being, Social Entrepreneurship, Issues of Women Entrepreneurs	8
Unit IV	Skills of an entrepreneur, Decision making and Problem Solving (steps indecision making), Assistance to an entrepreneur, New Ventures, Financial assistance by different agencies, MSME Act Small Scale Industries, Policies, Rules, Acts and Legislation	6
Suggested Books:		
1. Ramachandran, Entrepreneurship Development, Mc Graw Hill		
2. Katz, Entrepreneurship Small Business, Mc Graw Hill		
3. Byrd Megginson, Small Business Management an Entrepreneur's Guidebook 7th ed, McGraw Hill		
4. McClelland - The Achieving societies		
5. Baron, R.A. (2006). Opportunity recognition as pattern recognition: How entrepreneurs "connect the dot" to identify new business opportunities. Academy of Management Perspectives, 20(1), 10-119.		
6. Baum, J., Frese, M., & Baron, R. A. (2014). The Psychology of Entrepreneurship. New York: Psychology Press.		
7. Macdonald, L, A, C. (2005) Wellness at Work: Protecting and Promoting Employee Health and Wellbeing. New York: CIPD Publishing.		

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