

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



Pandit Deendayal Upadhyaya Shekhawati University

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Arts
Minor Subject Syllabus
(CBCS) As per the NEP 2020 (Semester I to IV)
w.e.f. the Academic Session 2024-25
Discipline: Psychology

Semester	Course title	Credits	Course Code	Credit distribution of the course			Eligibility criteria
				Lecture	Tutorial	Practical/ Practice	
I	General Psychology	2	24BSY5101M	2	0	0	10+2 from any recognized Board
II	Youth, Gender And Identity	2	24BSY5201M	2	0	0	
III	Psychology For Health And Wellbeing	4	24BSY6301M	4	0	0	
IV	Organizational Psychology	4	24BSY6401M	4	0	0	

Course Title:	GENERAL PSYCHOLOGY		Course Code:
Total Lecture hour	26		24BSY5101M
Unit	Description	Hours	
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	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	8	
Unit IV	Applications of Psychology: Work; Health	2	
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 (7rd Ed.) New Delhi : Tata McGraw Hill		
4	Glassman, W.E.(2000).Approaches to Psychology(3 Ed.) Buckingham: Open University Press.		

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Objectives:

- To equip the learner with an understanding of the concepts of Youth, Gender and Identity and their interface.
- To inculcate sensitivity to issues related to Youth, Gender and Identity within the socio-cultural context.

Course Title:	YOUTH, GENDER AND IDENTITY	Course Code:
Total Lecture hour 26		24BSY5201M
Unit		Hours
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 Concepts of Identity: Multiple identities	6
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	9
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	4
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.	

Objective: To understand the spectrum of health and illness for better health management.

Course Title:	PSYCHOLOGY FOR HEALTH AND WELLBEING	Course Code:
Total Lecture hour 52		24BSY6301M
Unit		Hours
Unit I	Illness, Health and Wellbeing: Continuum and Models of health and illness: Medical, Bio- psychosocial, holistic health; health and wellbeing.	10
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	12

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	human strengths and virtues; cultivating inner strengths: Hope and optimism; gainful Employment and Me/We Balance	
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.	

Objectives:

- To understand the meaning and theoretical foundations of I/O Psychology
- To develop an understanding of how the various theories and methods of I/O Psychology apply to the real work settings

Course Title:	ORGANIZATIONAL PSYCHOLOGY	Course Code:
Total Lecture hour 52		24BSY6401M
Unit I	Introduction to I/O Psychology: Definition, Brief History, Contemporary Trends and Challenges	Hours 10
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	12
Reference Books:		
1	Adler, N.J. (1997). Global leaders: Women of influence. In G. N. Powell (Ed.), Handbook of Gender and Work, (239-261). Thousand Oaks, CA, US: Sage Publications, Inc.	
2	Chadha, N.K. (2007). Organizational Behavior.Galgotia Publishers: New Delhi.	
3	Greenberg, J. & Baron, R.A. (2007).Behaviour in Organizations (9th Ed.). India: Dorling Kindersley	
4	Griffin, R.W. & Moorhead, G. (2009).Organizational Behavior: Managing People & Organizations. Biztantra publishers	

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