

BACHELOR OF COUNSELING AND PSYCHOTHERAPY (NEP) SEMESTER-III

Title: Developmental Psychology - I

Type: DSC-I

Credits:04

Total Marks-100		Course Code: BCAP31	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Understand the basic concepts, principles, and theories of human development across the lifespan.
2. Explain the physical, cognitive, emotional, social, and moral development that occurs from infancy through adulthood.
3. Apply major developmental theories and concepts to real-life situations and developmental issues.
4. Analyze the influence of biological, psychological, family, cultural, and environmental factors on human development.

Unit	Content
UNIT 1	Introduction to Developmental Psychology, Developmental Psychology, Key stages of human development, Nature vs. Nurture, Methods of studying development. (10 Hours)
UNIT 2	Prenatal Development and Birth, Stages of prenatal development, Factors affecting prenatal development, The process of birth, Common birth complications. (10 Hours)
UNIT 3	Infancy and Early Childhood, Physical growth in infancy, Cognitive development in early childhood, Language development, Emotional development in young children. (10 Hours)
UNIT 4	Cognitive Development in Childhood, Piaget's stages of development, Memory development in children, Language development, Problem-solving skill. (10 Hours)
UNIT 5	Social and Emotional Development in Childhood, Attachment and bonding, Early friendships and play, Emotional regulation in children, social learning in childhood. (10 Hours)
UNIT 6	Recognizing basic emotions, Expressing happiness, sadness, anger, and fear, Developing self-awareness, beginning to understand other people's emotions, learning emotional control, Developing empathy. (10 Hours)

Reference Books:

- "The Developing Person Through the LifeSpan" by Kathleen Stassen Berger
- "Developmental Psychology: Childhood and Adolescence" by David Shaffer and Katherine Kipp
- "Child Development" by Laura E. Berk
- "Development Through Life: A Psychosocial Approach" by Barbara M. Newman & Philip R. Newman
- "Introduction to Developmental Psychology" by John W. Santrock

Title: Abnormal Psychology - I**Type: DSC-II****Credits: 04**

Total Marks-100		Course Code: BCAP 32	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Explain the concepts, definitions, historical perspectives, and major approaches to understanding abnormal behaviour.
2. Describe the classification and diagnostic frameworks used in understanding psychological disorders.
3. Identify the major characteristics, symptoms, and clinical features of common psychological disorders.
4. Explain the biological, psychological, social, cultural, and environmental factors associated with the development of psychological disorders.

Unit	Content
UNIT 1	Introduction to Abnormal Psychology, Definition and history of abnormal psychology, Normal vs. abnormal behavior, Overview of the classification of mental disorders (DSM, ICD). (10 Hours)
UNIT 2	Models of Abnormality, The biological model, The psychological model (cognitive-behavioral, psychodynamic, humanistic), The sociocultural model. (10 Hours)
UNIT 3	Anxiety Disorders, Generalized Anxiety Disorder (GAD), panic disorder and Agoraphobia, Specific Phobias. (10 Hours)
UNIT 4	Mood Disorders, Depression (Major Depressive Disorder), bipolar disorder Causes and treatment of mood disorders. (10 Hours)
UNIT 5	Obsessive-Compulsive and Related Disorders, Obsessive-Compulsive Disorder (OCD), Hoarding Disorder, Body Dysmorphic disorder. (10 Hours)
UNIT 6	Excessive concern about appearance, Repeated mirror checking or avoidance, comparing appearance with others, Reassurance seeking, Repetitive grooming, Avoidance of social situations. (10 Hours)
Reference books: • Abnormal Psychology by Ronald J. Comer - 2019 (10th Edition) Worth Publishers • Abnormal Psychology: An Integrative Approach by David H. Barlow and V. Mark Durand - 2018 (8th Edition) Cengage Learning • Essentials of Abnormal Psychology by David H. Barlow and V. Mark Durand -2018 (7th Edition) Cengage Learning • Psychology of Abnormal Behavior by Susan Krauss Whitbourne -2014 (7th Edition) Cengage Learning • Abnormal Psychology: An Overview by James N. Butcher -2016 (15th Edition) Pearson	

Title: Psychological Measurements - I**Type: DSC-III****Credits: 04**

Total Marks-100		Course Code: BCAP 33	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Explain the basic concepts, principles, and applications of psychological measurement and assessment.
2. Describe the nature, types, uses, and limitations of psychological tests and assessment tools.
3. Explain the concepts of reliability, validity, norms, standardization, and objectivity in psychological measurement.
4. Identify and differentiate various types of psychological tests, including ability, aptitude, achievement, personality, and interest measures.

UNIT	Content
UNIT 1	Introduction to Psychological Measurement, Meaning and Importance of Psychological Measurements, Difference Between Psychological and Physical Measurements, Uses of Psychological Measurements in Daily Life. (10 Hours)
UNIT 2	Scales of Measurement, Nominal, Ordinal, Interval, and Ratio Scales, Examples of Each Scale in Psychology, Strengths and Weaknesses of Different Scales. (10 Hours)
UNIT 3	Characteristics of a Good Psychological Test, Reliability – Meaning and Types, Validity – Meaning and Types, Standardization of a Test. (10 Hours)
UNIT 4	Types of Psychological Tests, Intelligence Tests – Examples and Uses, Personality Tests – Examples and Uses, Aptitude and Interest Tests. (10 Hours)
UNIT 5	Ethical Issues in Psychological Testing, Confidentiality and Informed Consent, Misuse of Psychological Tests, Ethical Guidelines for Test Administrators. (10 Hours)
UNIT 6	Accurate scoring and interpretation, maintaining confidentiality, Respecting the dignity and rights of test takers, Providing appropriate feedback, Following professional and institutional ethical standards. (10 Hours)

Reference Books; -

- "Psychological Testing"– Anne Anastasi & Susana Urbina
- "Foundations of Psychological Testing"– Leslie A. Miller & Robert L. Lovler
- "Psychological Testing and Assessment" – A.K. Singh
- " Essentials of Psychological Measurement"– Arun Kumar

Title: Research and Statistics in Psychology - I**Type: DSC –IV****Credits: 04**

Total Marks-100		Course Code: BCAP 34	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Explain the basic concepts, principles, and applications of psychological research and statistical methods.
2. Identify and formulate research problems, objectives, research questions, and hypotheses in psychology.
3. Describe and differentiate various research designs and methods, including experimental, correlational, survey, observational, and qualitative approaches.
4. Apply appropriate sampling techniques and methods of data collection in psychological research.

UNIT	Content
UNIT 1	Basics of Psychological Research, Meaning and Importance of Research, Key Concepts: Problem, Hypothesis, and Data, Goals of Research: Understanding, Predicting, and Solving, Everyday Examples of Research. (10 Hours)
UNIT 2	Methods of Research, Observational Method, Survey Method, Experimental Method, Case Study. (10 Hours)
UNIT 3	Sampling, Population and Sample, Random Sampling: Selecting Fairly, Small and Large Groups in Research, Importance of Representing Everyone. (10 Hours)
UNIT 4	Data Collection Techniques, Collecting Data Through Surveys and Tests, Recording Observations, Organizing Information Clearly, Following Ethical Rules in Research. (10 Hours)
UNIT 5	Basics of Statistics in Research, Types of Data: Numbers and Categories, Measures of Central Tendency: Mean, Median, and Mode, Drawing Simple Graphs: Bar Graphs and Pie Charts, Using Numbers to Summarize Information. (10 Hours)
UNIT 6	Reading statistical tables, interpreting graphs, interpreting statistical output, Reporting results, APA-style tables and figures. (10 Hours)

References Books

- Kothari, C. R. (2004). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers.
- Broota, K. D. (1992). Experimental Design in Behavioural Research. New Age International Publishers.
- Chauhan, S. S. (2011). Psychological Research: Methods and Applications. McGraw-Hill Education.
- Singh, A. K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhavan.
- Howitt, D., & Cramer, D. (2017). Research Methods in Psychology: A Handbook (5th ed.). Routledge.

Title: Practical III (Any 6 Psychological tests)

Type: SEC/LAB

Credits: 02

Total Marks-100		Course Code: BCAP 35	(Total Number of Periods) Hrs
External Marks :50	Internal Marks:50		60

1. Intelligence
2. Personality
3. Memory
4. Attention
5. Motivation
6. Anxiety
7. Depression
8. Stress
9. Self-Esteem
10. Emotional Intelligence
11. Coping Mechanisms
12. Decision-Making

Title: Environmental Studies-I**Type: SEC****Credits: 02**

Total Marks-50	Course Code: BCAP36	(Total Number of Periods) Hrs
Internal Marks:50		30

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COURSE OUTCOME:

1. Explore the basic environmental concepts and issues relevant to the business and management field.
2. Recognize the interdependence between environmental processes and socio-economic dynamics.
3. Determine the role of business decisions, policies, and actions in minimizing environmental degradation.
4. Identify possible solutions to curb environmental problems caused by managerial actions.
5. Develop skills to address immediate environmental concerns through changes in business operations, policies, and decisions.

UNIT	Content
Unit 1: Understanding Environment	Fundamental environmental concepts and their relevance to business operations; Components and segments of the environment, the man-environment relationship, and historical environmental movements. (8 Hours)
Unit 2: Natural Resources, and Sustainability	Concept of sustainability; Classification of natural resources, issues related to their overutilization, and strategies for their conservation. Sustainable practices in managing resources, including deforestation, water conservation, energy security, and food security issues. (7 Hours)
Unit 3: Ecosystems, Biodiversity,	Various natural ecosystems, learning about their structure, functions, and ecological characteristics. The importance of biodiversity, the threats it faces. (7 Hours)
Unit 4: Sustainable Practices	the methods used for its conservation. Ecosystem resilience, homeostasis, and carrying capacity, emphasizing the need for sustainable ecosystem management. (8 Hours)

READINGS: Text Books (Latest Editions):

- Poonia, M.P. Environmental Studies (3rd ed.), Khanna Book Publishing Co.
 - Bharucha, E. Textbook of Environmental Studies (3rd ed.) Orient Blackswan Private Ltd.
 - Dave, D., & Katewa, S. S. Text Book of Environmental Studies. Cengage Learning India Pvt Ltd.
 - Rajagopalan, R. Environmental studies: from crisis to cure (4th ed.). Oxford University Press.
 - Miller, G.T. & Spoolman S. Living in the Environment. (20th ed.). Cengage.
 - Basu, M., & Xavier Savarimuthu, S. J. Fundamentals of environmental studies. Cambridge University Press.
 - Roy, M. G. Sustainable Development: Environment, Energy and Water Resources. Ane Books.
 - Pritwani, K. Sustainability of business in the context of environmental management. CRC Press.
 - Wright, R.T. & Boorse, D.F. Environmental Science: Toward A Sustainable Future (13th ed.). Pearson.
- References

BACHELOR OF COUNSELING AND PSYCHOTHERAPY (NEP)

SEMESTER IV

Title: -Developmental Psychology II

Type: DSC -I

Credits: 04

Total Marks-100		Course Code: BCAP 41	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Understand the basic concepts, principles, and theories of human development across the lifespan.
2. Explain the physical, cognitive, emotional, social, and moral development that occurs from infancy through adulthood.
3. Apply major developmental theories and concepts to real-life situations and developmental issues.
4. Analyze the influence of biological, psychological, family, cultural, and environmental factors on human development.

Unit	Content
Unit 1	Adolescence and Puberty, Physical changes during puberty, Cognitive changes in adolescence, Identity development, Peer relationships. (10 Hours)
Unit 2	Early and Middle Adulthood, Physical changes in adulthood, Cognitive changes in adulthood, social relationships in adulthood, Career and family. (10 Hours)
Unit 3	Late Adulthood and Aging, Theories of aging, Cognitive changes in old age, Emotional well-being in older adults, social issues in a Death, Dying, and Bereavement. (10 Hours)
Unit 4	Stages of grief, Coping with death, End-of-life issues Support for grieving individuals. (10 Hours)
Unit 5	Contemporary Issues in Development, Influence of culture on development, The role of technology in development, Modern challenges in aging, Lifespan perspective on development. (10 Hours)
Unit 6	Family and social changes across the lifespan, Impact of media and digital technology Cultural diversity and human development, Challenges and opportunities across the lifespan. (10 Hours)

Reference books

- "The Psychology of Human Development" by B. L. Cratty
- "Handbook of Adolescent Psychology" edited by Richard M. Lerner & Laurence Steinberg
- "Adult Development and Aging" by John C. Cavanaugh and Fredda Blanchard-Fields
- "The Social and Emotional Development of Children" by Marc H. Bornstein
- "The Handbook of the Psychology of Aging" edited by K. Warner Schaie and Sherry L. Willis

Title: Abnormal Psychology II**Type: DSC II****Credits: 04**

Total Marks-100		Course Code: BCAP 42	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. . Understand the concepts, definitions, historical perspectives, and major approaches to understanding abnormal behaviour.
2. Describe the classification and diagnostic frameworks used in understanding psychological disorders.
3. . Identify the major characteristics, symptoms, and clinical features of common psychological disorders.
4. Learns the biological, psychological, social, cultural, and environmental factors associated with the development of psychological disorders.

Unit	Content
Unit 1	Schizophrenia and Psychotic Disorders, Symptoms and types of schizophrenia, Causes and risk factors of schizophrenia, Treatment approaches. (10 Hours)
Unit 2	Personality Disorders, Overview of personality disorders, borderline personality disorder - Antisocial Personality Disorder. (10 Hours)
Unit 3	Eating Disorders, Anorexia Nervosa, Bulimia Nervosa, Binge Eating Di. (10 Hours)
Unit 4	Trauma-Related and Stress Disorders, Post-Traumatic Stress Disorder (PTSD) Acute Stress Disorder, Adjustment Disorders. (10 Hours)
Unit 5	Treatment of Abnormal Behaviour, Psychotherapy (Cognitive-Behavioural Therapy, Psychodynamic Therapy), Medication and pharmacological treatments Alternative treatments and approaches (e.g., mindfulness, art therapy). (10 Hours)
Unit 6	Principles of psychological assessment, Behavioural and cognitive approaches to treatment Psychodynamic and interpersonal approaches, Pharmacological and combined treatments Mindfulness, creative therapies, and other supportive approaches. (10 Hours)

Reference books

1. Abnormal Psychology: Clinical Perspectives on Psychological Disorders by Thomas Oltmanns and Robert E. Emery-2013 (8th Edition) Pearson
2. Abnormal Psychology: A Scientist-Practitioner Approach by Benjamin B. Lahey -2017 (7th Edition) McGraw-Hill Education
3. Clinical Psychology: Science, Practice, and Culture by Andrew M. Pomerantz 2013 (4th Edition) Sage Publications
4. The Handbook of Abnormal Psychology by Gregory J. Boyle 2014, Wiley-Blackwell
5. DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) by American Psychiatric Association 2013, American Psychiatric Association Publishing

Title: Psychological Measurements II**Type: DSC- III****Credits: 04**

Total Marks-100		Course Code: BCAP 43	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Explain the basic concepts, principles, and applications of psychological measurement and assessment.
2. Describe the nature, types, uses, and limitations of psychological tests and assessment tools.
3. Explain the concepts of reliability, validity, norms, standardization, and objectivity in psychological measurement.
4. Identify and differentiate various types of psychological tests, including ability, aptitude, achievement, personality, and interest measures.

Unit	Content
UNIT 1	Test Construction 1. Steps in Test Development 2. Writing Good Test Items 3. Pilot Testing and Item Analysis. (10 Hours)
UNIT 2	Reliability and Validity 1. Methods of Checking Reliability (Test-Retest, Split-Half, etc.) 2. Methods of Checking Validity (Content, Construct, Criterion) 3. Factors Affecting Reliability and Validity. (10 Hours)
UNIT 3	Norms and Standardization 1. Norms– Types (Age, Percentile, etc.) 2. Standardization Process of a Test 3. Importance of Norms in Psychological Testing. (10 Hours)
UNIT 4	Application of Psychological Tests 1. Use of Psychological Tests in Schools 2. Use of Psychological Tests in Clinical Settings 3. Use of Psychological Tests in Organizations. (10 Hours)
UNIT 5	Current Trends in Psychological Measurements 1. Use of Technology in Psychological Testing 2. Online and Computer-Based Testing 3. Future of Psychological Measurements. (10 Hours)
UNIT 6	Digital and technology-assisted assessment 1. Computer-adaptive and remote testing 2. Ethical and cultural issues in modern assessment 3. Artificial intelligence and the future of psychological measurement. (10 Hours)

Reference Books

1. "Measurement and Evaluation in Psychology and Education" – Robert M. Thorndike
2. "Handbook of Psychological Assessment" – Gary Groth – Marnat
3. "Tests, Measurements, and Research Methods in Behavioural Sciences" – A.K. Singh
4. "Psychometrics: Theory and Practice" – N.K. Chadha

Title: Research and Statistics in Psychology-II**Type: DSC IV****Credits: 04**

Total Marks-100		Course Code: BCAP 44	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

1. Explain the basic concepts, principles, and applications of psychological research and statistical methods.
2. Identify and formulate research problems, objectives, research questions, and hypotheses in psychology.
3. Describe and differentiate various research designs and methods, including experimental, correlational, survey, observational, and qualitative approaches.
4. Apply appropriate sampling techniques and methods of data collection in psychological research

Unit	Content
UNIT 1	Descriptive Statistics 1. Summarizing Data: Simple Definitions 2. Measures of Central Tendency: Mean, Median, Mode 3. Measures of Variability: Range and Differences 4. Graphical Representation: Bar Graphs and Line Charts. (10 Hours)
UNIT 2	Understanding Relationships (Correlation) 1. Introduction to Correlation: Positive and Negative 2. Everyday Examples of Correlation 3. Measuring Correlation: Simple Explanation 4. Graphs to Show Relationships. (10 Hours)
UNIT 3	Comparing Groups 1. Basics of Comparing Two Groups 2. Real-Life Examples of Group Differences 3. Introduction to Simple Statistical Tests (t-Test Basics) 4. Fairness in Group Comparisons. (10 Hours)
UNIT 4	Writing Research Reports 1. Steps to Write a Simple Research Report 2. Showing Results Using Tables and Graphs 3. Explaining Findings Clearly 4. Ethical Guidelines for Writing and Sharing Results. (10 Hours)
UNIT 5	Applications of Research and Statistics 1. Research in Understanding Human Behaviour 2. Importance of Research in Counselling and Therapy 3. Everyday Uses of Statistics for Decisions 4. Using Simple Tools for Research and Data. (10 Hours)
UNIT 6	Meaning and Types of Data 1. Organizing Data Using Frequency Tables 2. Understanding Scores and Distributions 3. Presenting Data Through Charts and Diagrams. (10 Hours)

Reference Books

1. Kothari, C. R. (2004). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. New Age International Publishers.
3. Singh, A. K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhavan.
4. Howitt, D., & Cramer, D. (2017). Research Methods in Psychology: A Handbook (5th ed.). Routledge.
5. Field, A. P. (2013). Discovering Statistics Using IBM SPSS Statistics (4th ed.). SAGE Publications Ltd.

Title: Practical IV (Any 6 Psychological tests)

Type: SEC/LAB

Credits: 02

Total Marks-100		Course Code: BCAP 45	(Total Number of Periods) Hrs
External Marks: 50	Internal Marks: 50		60

1. Moral Development
2. Attachment Styles
3. Learning Styles
4. Attitudes and Beliefs
5. Prejudice and Stereotyping
6. Leadership Styles
7. Interpersonal Relationships
8. Social Skills
9. Job Satisfaction
10. Academic Achievement
11. Body Image
12. Addiction and Substance Use

Title: Environmental Studies-2**Type: VAC****Credits: 04**

Total Marks-100		Course Code: BCAP 46	(Total Number of Periods) Hrs
Theory Exam Marks :60	Internal Marks:40		60

COURSE OUTCOME:

5. Explain the basic concepts, principles, and applications of psychological research and statistical methods.
6. Identify and formulate research problems, objectives, research questions, and hypotheses in psychology.
7. Describe and differentiate various research designs and methods, including experimental, correlational, survey, observational, and qualitative approaches.
8. Apply appropriate sampling techniques and methods of data collection in psychological research

Unit	Content
UNIT 1 Introduction and Sources of Water Pollution	Meaning and definition of water pollution, domestic sources, industrial sources, agricultural runoff, freshwater pollution, marine water pollution, water quality and its importance. (10 Hours)
UNIT 2 Major Water Pollutants	Oxygen-demanding wastes, inorganic chemicals, nutrients, heavy metals, sediments, disease-causing microorganisms, radioactive wastes, synthetic organic wastes. (10 Hours)
UNIT 3 Effects and Control of Water Pollution	Effects on plants, effects on aquatic animals, effects on human health, prevention and control measures, eutrophication, Minamata disease. (10 Hours)
UNIT 4 Sources and Types of Soil Pollution	Meaning and definition of soil pollution, causes and sources, pesticides, heavy metals, excess nutrients, toxic substances, agricultural wastes, industrial wastes, domestic wastes. (10 Hours)
UNIT 5 Effects and Control of Soil Pollution	Effects on plants, effects on animals, effects on human health, effects on soil fertility, effects on soil organisms, prevention and control measures, soil degradation, salinization. (10 Hours)
UNIT 6 Solid Waste and Its Management	Meaning and definition of solid waste, sources, composition, types, properties, effects on human health and the environment, collection, segregation, transportation, disposal, reduce, reuse, recycle, composting. (10 Hours)