

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Abnormal Psychology**

<b>Semester</b>	<b>VI</b>
<b>Subject Code</b>	<b>PS11130</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

**Course Learning Outcomes:**

- Remembering the basic symptoms and getting familiarised about different disorders.
- Understanding the causes and behaviour during different disorders.
- Analysing behaviour to identify the disorder.
- Creating skills identifying psychological disorders

**Abnormal Psychology**

**Unit 1 - Introduction to Abnormal Psychology**

What is abnormal psychology?

What are mental disorders? - An Introduction

Introduction to the Diagnostic & Statistical Manual V TR

Introduction to the International Classification of Diseases

**Unit 2 - Mood Disorders, Anxiety Disorders, & Conduct Disorders**

Introduction to Depression

Introduction to Bipolar disorder

Introduction to Anxiety Disorders - panic, phobia, & OCD

Disruptive, Impulse Control & Conduct Disorder

**Unit 3 - Eating Disorders, Sleep-Wake Disorders, & Somatic Disorders**

Feeding Eating Disorders

Elimination disorders

Sleep-wake disorders

Somatic Symptom & Related disorders
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<b>Unit 4 - Dissociative Disorders, Schizophrenia, Personality Disorders &amp; Trauma Disorders</b>
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Introduction to Dissociative disorders
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Schizophrenia & Related disorders
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Introduction to Personality Disorders
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Trauma & Stressor Related Disorders
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**References:**

American Psychiatric Association: "Diagnostic and Statistical Manual of Mental Disorders", DSM-5 (5th Edn)

Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Edn. Pearson Education, India.

Sarason, I.G, & Sarason, R.B. (2002). Abnormal psychology: The problem of maladaptive behavior (10th ed.). Delhi: Pearson Education.

Davison, G.C., Neal, J.M. & Kring, A.M. (2004). Abnormal psychology. (9th ed.). New York: Wiley.

Comer, R.J. (2007). Abnormal psychology (6th ed.). New York: Worth Publishers.

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Educational Psychology**

<b>Semester</b>	<b>VI</b>
<b>Subject Code</b>	<b>PS11140</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

<b>Course Learning Outcomes:</b>
<ul style="list-style-type: none"> <li>● Remembering the concepts important in the field of educational psychology and its trends and issues.</li> <li>● Understanding the legal and ethical aspects in respect to educational set-ups.</li> <li>● Applying the concept of individual differences in terms of education.</li> <li>● Evaluating the teacher-learner relationship and classroom learning experiences.</li> <li>● Creating an ability to apply knowledge of psychology in educational administration.</li> </ul>

<b>1. Introduction to Educational Psychology</b>	
1.1. What is Educational Psychology	
1.2. Nature and Scope of Educational Psychology	
1.3. Applications of Educational Psychology	
1.4. Ethical and Legal Issues	

<b>2. Concepts of Educational Psychology - I</b>	
2.1. Who are Exceptional students?	
2.2. Education for Exceptional Students	
2.3. Learning Disabilities and Juvenile Delinquency	
2.4. Vocation and Career Guidance	

<b>3. Concepts of Educational Psychology - II</b>	
3.1. Characteristics of Stakeholders in Educational Institutes	
3.2. Planning, Instruction, and Technology	
3.3. Managing the classroom and classroom behaviour	
3.4. Importance of Assessment and Grading	

<b>4. Educational Policies and Programs</b>	
4.1. Educational Policies in India	
4.2. Role of UNESCO and UNICEF in Education	
4.3. Girl/Child Education, Education for Elderly, Sarva Sikhsha Abhiyan and Mid-day meal policy	
4.4. Alternate Schooling in India: Open schools, home schooling, special schools	

**Reference Books:**

Santrock, John W. (2018) Educational Psychology. McGraw-Hill Education, New York.

Jacobson, J.W., Mulick, J.A., & Jahannes, R. (2006). Handbook of Intellectual and Developmental Disabilities (Issues in Clinical Child Psychology). USA: Springer

S. Jacob, D.M. Decker, & T.S. Hartshorne. (2011). Ethics and LAw for School Psychologists (6th Ed.). New Jersey: John Wiley & Sons.

Ramalingam, P., & Nath, Y. (2012). School Psychology in India: A vision for the future. Journal of Indian Academy of Applied Psychology, 38 (1), 22-33.

Mishra, R.C. (2007) History of education administration- APH publishing corporation, New Delhi.

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**

**Positive Psychology**

<b>Semester</b>	<b>VI</b>
<b>Subject Code</b>	<b>PS14030</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

**Course Learning Outcomes:**

- To bring an experience marked by predominance of positive emotions and informing them about emerging paradigm of positive psychology
- To make students holistic thinkers and lifelong learners who are able to integrate information across multiple disciplines
- Educate students about essential techniques of positive psychology coaching, understanding, experiencing, and practicing the techniques in the heart of effective coaching
- To develop an awareness of how mindfulness can allow one to navigate life's transitions, learn about signs of resilience and well being

**1. The Science of Happiness**

- 1.1 Introduction to Positive Psychology
- 1.2. Positive Emotional state and processes
- 1.3. Strength & Virtues
- 1.4. Happiness, Forgiveness & Gratitude

**2. Optimism and Success**

- 2.1. Optimism - physical & psychological health
- 2.2. Gratitude - Parent of all virtues
- 2.3. Problem solving appraisal and psychological adjustment
- 2.4. Success

**3. Resilience and Well Being**

- 3.1. Resilience - In the phase of challenge & Loss

3.2. Post traumatic growth & Benefit funding	
3.3. Mindfulness and well being	

3.4. Subjective well being
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<b>4. Positive Leadership &amp; Competency Development</b>	
4.1. Positive Psychology - Individuals & Organizaitons	
4.2. Positive organizational leadership	
4.3. Positive organizations and appreciative inquiry	
4.4. Competence development	

**Reference Books:**

Argyle, M. (2013). The psychology of happiness. Routledge.

Ben-Shahar, T. (2009). undefined. McGraw Hill Professional.

Edited by Dilip V. Jeste M.D., & Palmer, B. W. (2015). Positive psychiatry: A clinical handbook. American Psychiatric Pub.

Quinn, R. W., & Quinn, R. E. (2015). undefined. Berrett-Koehler Publishers.

**VANITA VISHRAM WOMEN'S UNIVERSITY**  
**DEPARTMENT OF PSYCHOLOGY**  
**Psychological Experiments II (Practicals)**

<b>Semester</b>	<b>VI</b>
<b>Subject Code</b>	<b>PS14040</b>
<b>Credits</b>	<b>6 (4 Theory + 2 Practical)</b>

<b>Course Learning Outcomes:</b>
<ul style="list-style-type: none"> <li>● Understanding the scientific basis of psychology through various experiments</li> <li>● Applying the theories and approaches significant in psychology to an experimental laboratory setting</li> <li>● Evaluating the diverse domains of psychology from a scientific lens</li> <li>● Creating an ability to conduct and understand a variety of experiments</li> </ul>

<b>1. Free Association</b>	
1.1. Introduction and Theoretical Background	
1.2. Methodology and Procedure	
1.3. Demonstration	
1.4. Conduction	

<b>2. Mirror Tracing</b>	
2.1. Introduction and Theoretical Background	
2.2. Methodology and Procedure	
2.3. Demonstration	
2.4. Conduction	

<b>3. Muller Lyer</b>	
3.1. Introduction and Theoretical Background	
3.2. Methodology and Procedure	

3.3. Demonstration	
3.4. Conduction	

<b>4. Colour Preference</b>	
4.1. Introduction and Theoretical Background	
4.2. Methodology and Procedure	
4.3. Demonstration	
4.4. Conduction	

**Reference Books:**

Woodworth, R. S. (1938). Experimental psychology. Holt.

Postman, L., & Egan, J. P. (1949). Experimental psychology: an introduction. Harper.

Hussain. A (2014). Experiments in Psychology. PHI Learning Pvt. Ltd: Delhi



## **8. Teaching Methodology**

The following are the different styles of pedagogy that will ensure effective learning in students:

### **8.1 Activity Based Learning**

Students will be engaged in activities relevant to the various concepts in psychology, providing them with a fresh outlook on the curriculum.

### **8.2. Experiential Learning**

The students will be able to administer various techniques of psychotherapies and experience its outcomes first hand, resulting in new insights which will help them to get a better understanding of the subject matter.

### **8.3. Socratic Questioning**

Socratic questioning entails a journey from unknown to known. Through this method the students will be questioned and their subsequent answers will be further questioned helping them bring insights on various concepts of human behaviour.

### **8.4. Experimentation**

The students will be able to perform experiments on various aspects of behaviour in a controlled environment of the psychology laboratory which will help them to observe and study the cause / effect relationship between the different variables in psychology.

### **8.4. Group Discussions**

Students will be encouraged to engage in intense discussions on latest and trending issues on mental health and human behaviour.

### **8.5. Internships**

Internships provide a practical and hands on experience to the students in different set ups such as clinics, schools, hospitals, industry etc. Using this as a teaching method will provide students the opportunity to observe theoretical concepts in real situations helping them gain a broader insight into the subject.

### **8.6. Case Studies**

As psychology is the study of human behaviour, studying and discussing unique case studies will help students understand and unravel the mysteries of human mind and behaviour.

## **8.7 Role-Playing and Role-Reversal**

Role-playing and role-reversal will provide a great opportunity for students to play and observe different situations encountered in life, enabling the students to develop the empathy and various other skills pertaining to counselling.

## **9. Keywords**

- 1) Bachelor of Arts (B.A.) Honours Psychology Programme
- 2) Introduction to Psychology
- 3) Schools of Psychology – I
- 4) Applied Psychology
- 5) Schools of Psychology – II
- 6) Adjustment Psychology
- 7) Bio – psychology
- 8) Lifespan Development
- 9) Social Psychology
- 10) Introduction to Personality
- 11) Research Methodology
- 12) Organizational Psychology
- 13) Counselling Psychology
- 14) Abnormal Psychology
- 15) Psychological Assessments & Experiments
- 16) Educational Psychology
- 17) Applied Social Psychology
- 18) Applied Cognitive Psychology
- 19) Positive Psychology
- 20) Sports Psychology
- 21) Health Psychology
- 22) Human Resource Development
- 23) Forensic development
- 24) Basic counselling Skills
- 25) Computational Skills
- 26) Psychology in Everyday Living
- 27) Psychology & Mental Health
- 28) Crime & Psychology
- 29) Youth, Gender & Identity
- 30) Experiential Learning
- 31) Skill development
- 32) Soft Skills
- 33) Counselling Skills
- 34) Internships
- 35) Case Studies
- 36) Group Discussions
- 37) Role Playing & Role Reversal

- 38) Experimentation**
- 39) Group Discussions**
- 40) Mental Health Professional**