

**Detailed Syllabus**

<b>Curriculum Designed for: UG</b>		<b>Self-Finance Programme: UG</b>
<b>Semester: I</b>	<b>Course No.: 113</b>	<b>Course Code: DSC-M-PSY-1</b>
		<b>Course Title: Introduction to Psychology-I</b>
<b>Credits:</b>	<b>04</b>	<b>Course Category:- Minor</b>

**Course Objectives:**

<b>Number</b>	<b>Objective</b>
Objective 1:	To introduce students to the fundamental concepts, nature, and scope of psychology.
Objective 2:	To develop understanding of the historical development and major perspectives in psychology.
Objective 3:	To familiarize learners with basic research methods used in psychology.
Objective 4:	To explain the biological bases of behavior, including the nervous and endocrine systems.
Objective 5:	To provide knowledge of sensory processes, perception, and principles of perceptual organization.
Objective 6:	To develop understanding of different types of learning and their applications in everyday life.

**Course Outcomes: On successful completion of the course, the learner will be able to**

<b>CO#</b>	<b>COGNITIVE ABILITIES</b>	<b>COURSE OUTCOMES</b>
<b>CO1</b>	REMEMBERING	Recall key concepts, definitions, and historical developments in psychology.
<b>CO2</b>	UNDERSTANDING	Explain major perspectives, biological bases of behavior, and principles of sensation and perception.
<b>CO3</b>	APPLYING	Apply learning theories and psychological principles to real-life situations.
<b>CO4</b>	ANALYSING	Differentiate between various psychological approaches, methods, and learning processes
<b>CO5</b>	EVALUATING	Assess the relevance and effectiveness of psychological theories and methods in understanding behavior.
<b>CO6</b>	CREATING	Integrate psychological knowledge to propose solutions to behavioral problems and construct informed viewpoints.

**Course Contents:**

Unit No.	Unit Contents	Sessions Allotted
1	<p><b>Introduction to Psychology</b></p> <ul style="list-style-type: none"> <li>• Definition and nature of psychology</li> <li>• Historical development (structuralism, functionalism, behaviorism, psychoanalysis)</li> <li>• Modern perspectives (cognitive, humanistic, biological)</li> <li>• Methods in psychology (experimental, observation, case study)</li> </ul>	15
2	<p><b>Biological Bases of Behaviour</b></p> <ul style="list-style-type: none"> <li>• Structure and functions of neurons</li> <li>• Central and peripheral nervous system</li> <li>• Endocrine system</li> <li>• Brain and behavior</li> </ul>	15
3	<p><b>Sensation and Perception</b></p> <ul style="list-style-type: none"> <li>• Sensory processes and thresholds</li> <li>• Visual and auditory perception</li> <li>• Principles of perceptual organization (Gestalt laws)</li> <li>• Perceptual constancies and illusions</li> </ul>	15
4	<p><b>Learning</b></p> <ul style="list-style-type: none"> <li>• Classical conditioning (Pavlov)</li> <li>• Operant conditioning (Skinner)</li> <li>• Observational learning (Bandura)</li> <li>• Cognitive learning</li> </ul>	15

**REFERENCES:**

- Baron, R. & Misra. G. (2013). Psychology. Pearson.
- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
- Morgan, C. T., King, R. A., Weiss, J. R. and Schopler, J. (2012). (Latest Edition). Introduction to Psychology. Tata McGraw Hill Education Pvt. New Delhi.

**E RESOURCES:**

- <https://youtu.be/2fbrl6WoIyo>
- <https://www.youtube.com/watch?v=nrBSxKZUHcs>
- [http://gg.gg/Introduction-to-Psychology Book 1](http://gg.gg/Introduction-to-Psychology_Book_1)
- [http://gg.gg/Introduction-to-Psychology Book 2](http://gg.gg/Introduction-to-Psychology_Book_2)
- [http://gg.gg/Introduction-to-Psychology Book 3](http://gg.gg/Introduction-to-Psychology_Book_3)
- <http://www.apa.org>