

Course Code	Course Title	L	T	P	C
BHUM203L	Introduction to Psychology	3	0	0	3
Pre-requisite	NIL	Syllabus version			
		1.0			
<b>Course Objectives</b>					
1. To describe the nature of human behaviour and mental functions 2. To provide knowledge of the concepts of the psychological processes 3. To apply the psychological principles for understanding human behavior					
<b>Course Outcomes</b>					
Upon successful completion of the course students will be able to 1. Describe the basic concepts of Psychology. 2. Understand the knowledge of the processes of sensation and perception. 3. Acquire an in-depth knowledge of learning, memory, forgetting and decision making. 4. Analyze the importance of motivation and emotions. 5. Apply the theoretical foundations to describe human personality and intelligence. 6. Develop and implement the resilience strategies to promote mental health.					
<b>Module:1</b>	<b>Foundations of Psychology</b>	<b>6 hours</b>			
Nature of psychology - Neurobiological approach - Behavioural approach - Cognitive approach - Psychoanalytic approach - Humanistic approach - The broad province of contemporary psychology - Methods of psychology.					
<b>Module:2</b>	<b>Sensation and Perception</b>	<b>6 hours</b>			
General characteristics of sensation: Absolute thresholds - Difference thresholds - Object perception and perceptual constancies - Organization and perception - Movement perception-Depth perception - Visual coding and pattern recognition - Extra sensory perception.					
<b>Module:3</b>	<b>Learning, Memory and Forgetting</b>	<b>6 hours</b>			
Classical conditioning - Operant conditioning - Multiple response learning - Cognitive learning - Application of learning theories in organizational setting - Kinds of remembering - Retrieval processes - Nature of forgetting - Improving memory.					
<b>Module:4</b>	<b>Motivation and Emotion</b>	<b>6 hours</b>			
Physiological bases of motivation: Hunger - Obesity - Thirst - Theories of motivation - Physiological responses in emotion - Theories of emotion - Emotional expression.					
<b>Module:5</b>	<b>Personality and Intelligence</b>	<b>6 hours</b>			
Social learning approach - Rogers' approach - Self-esteem - Self-regulation - Self-presentation - Assessment of personality - Guilford's model of intelligence - Gardner's theory of multiple intelligence - Test of personality and intelligence related to placement context - Genetic basis and extremes of intelligence - Emotional intelligence.					
<b>Module:6</b>	<b>Conflict and Adjustment</b>	<b>6 hours</b>			
Understanding conflict - Frustration - Reaction to frustration - Defense Mechanisms - Adjustment - Coping with mal-adjustment.					
<b>Module:7</b>	<b>Mental Health</b>	<b>7 hours</b>			
Abnormal behaviour - Kinds of stressors - Coping with stress - Anxiety disorders - Depressive disorder - Factors affecting mental health - Enhancing mental health.					
<b>Module:8</b>	<b>Contemporary Issues</b>	<b>2 hours</b>			

		<b>Total Lecture Hours</b>	<b>45 hours</b>
<b>Text Book(s)</b>			
1.	Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L., (2017), Introduction to Psychology, 16 <sup>th</sup> Edition, Oxford and IBH.		
<b>Reference Books</b>			
1.	Feldman, S. R., (2021), Understanding Psychology, 15 <sup>th</sup> Edition, McGraw Hill Education.		
2.	Myers, D.G., (2018), Psychology, 12 <sup>th</sup> Edition, Worth Publishers.		
3.	Plotnik, R., & Kouyoumdjian, H., (2018), Introduction to Psychology, 10 <sup>th</sup> Edition, Cengage		
4.	Weiten W. Dunn D. & Hammer E. Y. (2017), Psychology Applied to Modern Life: Adjustment in the 21st Century, 12 <sup>th</sup> Edition, Cengage Learning.		
5.	Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J., (2014), Introduction to Psychology, 7 <sup>th</sup> Edition, McGraw Hill Education.		
<b>Mode of Evaluation:</b> CAT, Quiz, Assignment and FAT.			
Recommended by Board of Studies		22-02-2023	
Approved by Academic Council		No. 69	Date 16-03-2023