

**MAULANA ABUL KALAM AZAD UNIVERSITY OF TECHNOLOGY, WB**  
**Syllabus of B.Sc Behavioural Science & Applied Psychology (Effective for 2020-2021 Admission Session)**  
**Choice Based Credit System**  
**140 Credit (3-Year UG) MAKAUT Framework**  
**w.e.f 2020-21**

**5<sup>th</sup> Semester**

Subject Type	Course Name	Course Code	Credit Points	Credit Distribution			Mode of Delivery			Proposed MOOCs	
				Theory	Practical	Tutorial	Offline #	Online	Blended		
CC 11	Childhood & Environmental Disorders	BBS 501	6	5	0	1	✓			As per MAKAUT notification	
CC 12	Cultural Psychology	BBS 502	6	5	0	1	✓				
DSE 1 (Any One)	Forensic Psychology	BBS 503(A)	6	5	0	1	✓				
	Counselling Psychology	BBS 503(B)	6	5	0	1	✓				
DSE 2 (Any One)	Minor Project	BBS 581(A)	6	1	5	0	✓				
	Internship-I	BBS 581(B)	6	1	5	0	✓				
<b>Semester Credit</b>			<b>24</b>								

**Note:**

Minor Project/Internship- (Students have to engage in a specialised project with a pre-specified Internal Guide (faculty member) throughout the semester). Industry collaboration is highly encouraged in case of Internship.

(At least two-three times progress needs to be checked and evaluation needs to be done through PCA.) It will be followed by a report submission and viva as part of University examination.

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**CC 11- Childhood & Environmental Disorders**

**Code- BBS-501**

**Credits- 5L+1T**

**Course Objective:** The course is designed to provide insights on disorders in relation to childhood development as whole and also a detailed explanation of the concept of ecology and environment, and their impact on human psychological well-being.

**Course Outcome:**

Sl	Course Outcome (CO)	Mapped Module
CO1	Relate to intellectual disability and learning Disorder: Definitions, Symptoms, clinical features causes and interventions.	(M1)
CO2	Identify Autism Spectrum Disorders	(M2)
CO3	Outline Externalized Disorders & Internalized Disorders.	(M3)
CO4	Examine the concept of environment and importance of the impact of physical environmental factors on mental health	(M4)
CO5	Evaluate the importance and impact of environmental factors on mental health (social environment): social stigma, history of abuse, loss of parent, familial discord, poverty etc.	(M5)
CO6	Discuss Climate change and to elaborate its impact on mental health: eco-anxiety, solastalgia, dealing with eco-anxiety.	(M6)

**Syllabus with mapped module:**

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Intellectual disability & Learning Disabilities-causes, clinical features, intervention	12	20	1, 2, 3	
Module 2	Autism Spectrum Disorders- Autism, Asperger's syndrome, changes in nomenclature from DSM- IV to DSM- V, clinical features, very brief overview of management	10	20	2, 3, 4	
Module 3	Overview of Externalized Disorders (Conduct disorder, oppositional defiance disorder, ADHD) & Internalized Disorders (childhood depression, anxiety, separation anxiety disorder, phobia)- clinical features	16	30	2, 3, 4	
Module 4	Impact of environmental factors on mental health (physical environment)- pollution, exposure to toxins, extreme weather, substance abuse, smoking etc.	6	10	2, 3, 4, 5	

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Module 5	Impact of environmental factors on mental health (social environment)- social stigma, history of abuse, loss of parent, familial discord, poverty etc.	8	10	2, 3, 4, 5	
Module 6	Climate change and its impact on mental health- eco-anxiety, solastalgia, dealing with eco-anxiety	6	10	3, 4, 5, 6	
	Total	60	100		
	Tutorial	16			

**Syllabus**

Module 1: Overview of Externalized Disorders (Conduct disorder, oppositional defiance disorder, ADHD) & Internalized Disorders (childhood depression, anxiety, separation anxiety disorder, phobia)- clinical features.
Module 2 A detailed introduction to the understanding of the identification of Autism Spectrum Disorders- Autism, Asperger’s syndrome, changes in nomenclature from DSM- IV to DSM- V, clinical features, very brief overview of management.
Module 3: Overview and identification of Externalized Disorders (Conduct disorder, oppositional defiance disorder, ADHD) & Internalized Disorders (childhood depression, anxiety, separation anxiety disorder, and phobia): A clear knowledgeable comparative insight to their clinical features.
Module 4: : A thorough understanding of the concept of environment and develop a true understanding importance of the impact of environmental factors on mental health (physical environment): pollution, exposure to toxins, extreme weather, substance abuse, smoking etc
Module 5: A thorough outline of identifying the importance and impact of environmental factors on mental health (social environment): social stigma, history of abuse, loss of parent, familial discord, poverty etc.
Module 6: An insight to the definition of Climate change and to examine its impact on mental health: eco-anxiety, solastalgia, dealing with eco-anxiety. An Overview of eco-psychology and eco-therapy.

**Suggested Reading**

- Kail R V (2001). *Children & Their Development*
- Taylor, S. E. (2015). *Health psychology*. McGraw-Hill Education.
- Mangal, S. K. (2002). *Advanced educational psychology*. PHI Learning Pvt. Ltd..

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**CC 12- Cultural Psychology**

**Code- BBS-502**

**Credits- 5L+1T**

**Course Objective:** The course is designed to conclude the intricacies of culture and its impact, influence and amalgamation in human welfare and well-being.

**Course Outcome:**

Sl	Course Outcome (CO)	Mapped Module
CO1	Discuss the nature, and scope of culture and its relation to the discipline of Psychology	(M1)
CO2	Distinguish between Culture & Psychology, learn to apply the methods to holistically understand Culture, to determine the Scope of Cultural Psychology, to examine the Mechanisms of Cultural Transmission	(M2)
CO3	Examine the relationship between Culture & Basic Psychological Processes: identifying Interrelation between Culture, Perception, Cognition Emotional expressions and Culture.	(M3)
CO4	Outline a clear understanding of cultural mindsets and to determine the assimilation to a cultural framework, cultural mixing and consequences	(M4)
CO5	Explain to understand the expansive knowledge regarding culture and its influence on Gender stereotyping	(M5)
CO6	Discover and compare the impact of Globalization on culture and community, to understand the process of enculturation	(M6)

**Syllabus with mapped module:**

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Meaning, nature, and scope of Cultural Psychology	8	15	4,5,6	
Module 2	Interface between Culture & Psychology Methods of Understanding Culture, Scope of Cultural Psychology, Mechanisms of Cultural Transmission	10	20	2, 3,4	
Module 3	Culture & Basic Psychological Processes: Interrelation between Culture, Perception, Cognition Emotional expressions and Culture.	12	25	2, 3, 4	
Module 4	Cultural mindsets and assimilation to a cultural framework, cultural mixing and consequences	10	20	2, 3, 4	

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Module 5	Culture & Gender Culture and Gender stereotype.	10	10	2, 3, 4, 5	
Module 6	Globalization, enculturation, and community impact.	8	10	4, 5, 6	
		<b>60</b>	100		
	Tutorial	<b>16</b>			

**Syllabus**

Module 1: Definition and a detailed understanding of the branch of Cultural Psychology, scope of Cultural Psychology with special emphasis on the elaborative explanations of the different tenets of Culture and its Psychological counterparts.
Module 2: Interface between Culture & Psychology Methods of Understanding Culture (Communication perspective, Evolutionary perspective, Psychological perspective, and Socio-biological perspective), Scope of Cultural Psychology, and Mechanisms of Cultural Transmission (Chain Method, Inter-generational method).
Module 3: Culture & Basic Psychological Processes: Interrelation between Culture and Perception, relationship between Culture and Cognition (effect of culture on language acquisition, cultural frame switching), and Cultural modulation of Emotional expressions.
Module 4: Cultural mindsets (distinction between individualistic and collectivistic cultures across different countries of the world) and assimilation to a cultural framework, cultural mixing and consequences.
Module 5: Culture & Gender, Culture and Gender stereotype: concept of sex and gender, Gender identity (cis gender, transgender, and gender fluidity), expectations of gender hetero-normative behaviour across cultures.
Module 6: Globalization: Global issues, climate justice, economic inequality, fair-trade, forced migration, global dimming, human overpopulation, human trafficking; enculturation: types of enculturation, viz, formal, informal, conscious and unconscious, and community impact.

**Suggested Reading**

- Chiu, C., & Hong, Y. (2006). Social Psychology of Culture. New York: Psychology Press
- Auluck, S. (2002). Self and identity. In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 374-398. New Delhi: Concept Publishing Company.
- Misra, G., & Gergen, K. J. (2002). On the place of culture in psychological science. . In G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 421-439. New Delhi: Concept Publishing Company.
- Roa, K. R. (2011). Indian psychology: Implications and applications. In Cornelissen, R.M. M., Misra, G., Varma, S. (Eds.), Foundation of Indian Psychology: Theories and concepts, Vol, 1. New Delhi: Pearson.
- Sinha, J. B. P. (2002). Towards indigenization of Psychology in India. . In
- G. Misra, and A. K. Mohanty (eds.), Perspectives on indigenous psychology, p. 440-457. New Delhi: Concept Publishing Company.

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**DSE 1: Forensic Psychology**

**CODE: BBS- 503(A)**

**Credits- 5L+1T**

**Course Objective:** An insightful foray to the applied discipline of psychology and criminalistics, technicalities in the field of police investigation.

**Course Outcome:**

Sl	Course Outcome (CO)	Mapped Module
CO1	Outline the nature and determine the scope of forensic psychology.	(M1)
CO2	Evaluate mental illnesses in context to forensic exploration.	(M2)
CO3	Apply psychological assessments in context of forensic psychology	(M3)
CO4	Explain Sexual offender discuss their types and risk associated with it and how to assess	(M4)
CO5	Examine criminal culpability and learn its distinction in different legal systems	(M5)
CO6	Determine the competencies to stand trial and the laws and rules regarding insanity defence	(M6)

**Syllabus with mapped module:**

Module Number	Content	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Nature and scope of forensic psychology.	8	16	1, 2, 3	
Module 2	Mental illnesses in forensic context	10	20	4, 5, 6	
Module 3	Psychological assessments in context of forensic psychology	12	20	2, 3, 4	
Module 4	Sexual offenders – types and risk assessments	12	20	2, 3, 4	
Module 5	Mens rea and criminal culpability	10	12	2, 3, 4, 5	
Module 6	Competency to stand trial and the insanity defence	8	12	4, 5, 6	
		<b>60</b>	100		
	Tutorial	<b>16</b>			

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Module 1: Definition, understanding the nature and determining the scope of forensic psychology: Detailed learning of the contributions of Henry Lee, Saul Kassin, David V. Canter, Max Wachtel, Margaret Bull Kovera and others.
Module 2: An elaborative understanding of mental illnesses in context to forensic exploration particularly for delusional disorder, paranoid personality disorder, Schizophrenia, and depression.
Module 3: To understand, learn and apply Psychological assessments like Competence Assessment Instrument (CAI), Psychopathy Checklist- Revised (PCL-R) in context of forensic psychology.
Module 4: A detailed explanation regarding Sexual offender: understanding their types (sexual assault, statutory rape, bestiality, child sexual abuse, incest, rape and sexual imposition) and risk associated with it and how to assess.
Module 5: Mens rea and criminal culpability- definition and distinction in different legal systems- Anglo-American, Indian etc., Levels of mens rea, namely, purpose, knowledge, recklessness, and negligence; factors relevant in determining criminal culpability.
Module 6: A clear understanding of competency to stand trial and the laws and rules regarding insanity defence, application of insanity defence in incompetency and mental illness, temporary insanity, mitigating factors and diminished capacity and withdrawal or refusal of defence.

**Suggested Reading**

- Batchman, R., & Schutt, R. K. (2008). Fundamentals of research in criminology and criminal justice. London: Sage.
- Wrightsman, L. S. & Fulero, S. M. (2008). Forensic psychology (3rd Ed.). Belmont, CA: Wadsworth Publishing Co.
- Haward, L. (1981). Forensic psychology. London: Batsford Academic and Educational Ltd.
- Howitt, D. (2002). Forensic and criminal psychology. New Delhi, India: Prentice Hall
- Loftus, E. F. (1996). Eyewitness testimony: With a new preface. Cambridge, MA: Harvard University Press.
- Ross, F. D., Read, D. J., & Toglia, M. P. (1994). Adult eyewitness testimony. New York: Cambridge University Press.
- Webb, D. (2013). Criminal profiling: An introductory Guide. UK: Independent Publishing Platform

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**DSE 1: Counselling Psychology**

**CODE: BBS- 503(B)**

**Credits- 5L+1T**

**Course Objective:** An insightful foray to the applied discipline of psychology focusing on counselling.

Sl	Course Outcome (CO)	Mapped Module
CO1	Discuss and explain the difference between guidance, counselling, and psychotherapy	M1
CO2	Outline the knowledge about the stages in the counselling process	M1,M2
CO3	Make use of the common attitudinal factors needed to be a good counsellor	M3
CO4	Explain Counselling with techniques of Indian origin: Yoga and Meditation	M3,M4
CO5	Experiment with Counselling in special settings: Educational, Vocational, Crisis intervention (suicide, grief, sexual abuse), psychological first-aid, gender identity/ dysphoria	M4,M5
CO6	Take part in Counselling and adherence to ethics: The Do's and Don'ts on a part of a counsellor	M5,M6,

**Syllabus with mapped module:**

Module Number	Description	Total Hours	%age of Questions	Blooms Level	Remarks
Module 1	Meaning and nature of Counselling. Difference between guidance, counselling, and psychotherapy.	8	16	3, 4, 5	
Module 2	Stages of counselling; counselling relationship, counselling pre-requisites; characteristics of a good counsellor	10	20	2, 3,4,5	
Module 3	Major approaches to counselling: Psychodynamic, Behavioural, Cognitive, Humanistic	12	20	2, 4	
Module 4	Counselling with Indian techniques: Yoga and Meditation	12	20	2, 5	
Module 5	Counselling in special settings: Educational, Vocational, Crisis intervention (suicide, grief, sexual abuse), psychological first-aid, gender identity/ dysphoria	8	12	2	
Module 6	Counselling and ethics	10	12	2, 4	
		60	100		
	Tutorial	16			



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Module 1: Meaning and nature of Counselling: Definition of counselling, tenets of counselling, significance of counselling in maintaining mental health, aims of counselling, Difference between guidance, counselling, and psychotherapy.
Module 2: Stages of counselling (Initial phase, middle phase, terminal phase); counselling relationship (role of Counsellor, role of counselee), counselling pre-requisites (SOLER- a counselling skill); characteristics of a good counsellor (empathy, reflection, active listening, open posture).
Module 3: Major approaches to counselling: Psychodynamic (focusing on early life conflicts and increase clients' awareness of unconscious need and motivation), Behavioural (emphasis on role of learning in establishments and maintenance of mal-adaptive behaviours and use of behavioural techniques for alleviation of problems of behavioural and emotional nature) , Cognitive (Understanding of the relationship among thoughts, emotion and behavior and learning techniques to alter thoughts, and improve ones' experience and adaptations), Humanistic (helping an individual explore creativity, personal growth and self-development, and help them become fully functioning individual)
Module 4: Counselling with Indian techniques, significance of using Indian techniques to improve mental health and mental hygiene: Yoga (how yoga can be used in counselling, why and where is yoga beneficial in counselling of mental disorders) and Meditation (learning the essence of meditation and its role in treatment of various mental health problems).
Module 5: Counselling in special settings: Educational, Vocational, Crisis intervention (suicide, grief, sexual abuse), psychological first-aid for crisis events like natural disasters, war and terrorist attacks, disease outbreak, large scale displacement of people, accidents, robbery, assaults), gender identity/ dysphoria.
Module 6: Counselling and ethics – According to ACA, counselling relationship, confidentiality and privacy, professional responsibility, relationships with other professionals, evaluation, assessment and interpretation. <i>(Total hours- 8)</i>

**Suggested Reading**

- Burnard, P. (2009). Counseling Skills Training: Book of activities. Viva Books, New Delhi.
- Capuzzi, D. & Gross, D. R. (2007). Counselling and Psychotherapy: Theories and Interventions (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) Counselling and Psychotherapy; Theory and Practice. (7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). Couple and Family Therapy. In E. M. Altmaier and J.C. Hansen (Eds.) The Oxford Handbook of Counselling Psychology. New York: Oxford University Press.
- Geldard, K. & Geldard, D. (2011). Counselling Children: A Practical Introduction (3rd Ed.) New Delhi: Sage
- Gibson, R. L. & Mitchell, M. H. (2012). Introduction to Counselling and Guidance (7th Ed.) New Delhi: Pearson