

AKAL UNIVERSITY

TALWANDI SABO

(Established under Punjab State Act No. 25 of 2015)

Bachelor of Arts Psychology

Or

Bachelor of Arts (Hons.) Psychology (Major)
and Discipline-2 (Minor)

Or

Bachelor of Arts (Hons.) Psychology
with Research (Major) and Discipline-2 (Minor)

(Based on NEP – 2020)



Talwandi Sabo

FACULTY OF SOCIAL SCIENCE

DEPARTMENT OF PSYCHOLOGY

Scheme & Syllabi

(Academic Year 2024-25)

1. CURRICULUM AND CREDIT FARMWORK FOR UNDERGRADUATE PROGRAMME

Semester	Major Courses		Minor Courses (MI) (4 credit)	Multi-disciplinary courses (MDC) (4 credit)	Ability Enhancement Courses (AEC) (2 credit)	Skill Enhancement Courses (SEC) (3 credit)	Value - Added Courses VAC (2 credit)	Total Credit
	DSC	DSE (3 credit)						
I	DSC-1 [3] DSC-2 [3] DSC-L-1 [2]	-	MI-1	MDC-1	AEC-1	SEC-1	VAC-1	23
II	DSC-3 [3] DSC-4 [3] DSC-L-2 [2]	-	MI-2	MDC-2	AEC-2	SEC-2	VAC-2	23
Students exiting the programme after securing 46 credits will be awarded UG Certificate in Psychology provided they secure 4 credits in work based vocational courses offered during summer term or internship /Apprenticeship in addition to 6 credits from skill-based courses earned during first and second semester.								46
III	DSC-5 [3] DSC-L-3 [2]	DSE-1 or DSE-2 or DSE-3	MI-3	MDC-3	AEC-3	SEC-3	-	21
IV	DSC-6 [4] DSC-7 [3] DSC-L-4 [2]	DSE-4 or DSE-5 or DSE-6	MI-4	-	AEC-4		VAC-3	20
Students exiting the programme after securing 87 credits will be awarded UG Diploma in Psychology provided they secure additional 4 credits in skill based vocational courses offered during first year or second year summer term.								87
V	DSC-8 [4] DSC-9 [4] DSC-10 [3] DSC-L-5 [2]	DSE-7 or DSE-8 or DSE-9	MI-5	-				20

VI	DSC-11 [4] DSC-12 [3] DSC-L-6 [2] Internship [4]	DSE- 10 or DSE- 11 or DSE- 12	MI-6	-				20
Students who want to undertake 3-year UG programme will be awarded UG Degree in Psychology upon securing 127 credits								127
VII	DSC-13 [4] DSC-14 [4] DSC-15 [3] DSC-L-7 [2]	DSE- 13 or DSE- 14 or DSE- 15	MI-7	-				20
VII I	DSC-16 [4] DSC-17 [4] DSC-18 [3] DSC-L-8 [2]	DSE- 16 or DSE- 17 or DSE- 18	MI-8	-				20
Students will be awarded Bachelor of Arts(Hons.) Psychology (Major) and Discipline-2 (Minor) provided they secure 167 credits								167
VII	DSC-13 [4] DSC-14 [4] DSC-15 [4] DSC-D [4]	-	MI-7	-				20
VII I	DSC-16 [4] DSC-17 [4] DSC-D [8]	-	MI-8	-				20
Students will be awarded Bachelor of Arts(Hons.) Psychology with Research (Major) and Discipline-2 (Minor) provided they successfully completed the dissertation work and secure 167 credits								167

2. SEMESTER-WISE DISTRIBUTION OF MAJOR COURSES

A student will have study compulsory Discipline Specific Core Courses in each Semesters. The semester wise distribution and credit details of DSC courses over eight semesters is listed below:

Discipline Specific Core (DSC)

Semester	Course Code	Title of the Course	Schedule of Teaching (Credits-wise)			TOTAL Credits
			Theory	Tutorial	Practical	
I	PSYS05C101	Introduction to Psychology	3	0	0	3
	PSYS05C102	Biopsychology	3	0	0	3
	PSYS05C103	Introduction to Psychology Lab-I	0	0	2	2
II	PSYS05C201	Developmental Psychology	3	0	0	3
	PSYS05C202	Statistical Methods for Psychological Research-1	3	0	0	3
	PSYS05C203	Developmental Psychology Lab-II	0	0	2	2
III	PSYS05C301	Abnormal Psychology	3	0	0	3
	PSYS05C302	Abnormal Psychology Lab-III	0	0	2	2
IV	PSYS05C401	Clinical Psychology	3	1	0	4
	PSYS05C402	Social Psychology	3	0	0	3
	PSYS05C403	Clinical Psychology Lab-IV	0	0	2	2
V	PSYS05C501	Cognitive Psychology	3	1	0	4
	PSYS05C502	Understanding Clinical Disorders	3	1	0	4
	PSYS05C503	Organisational Behaviour	3	0	0	3
	PSYS05C504	Cognitive Psychology Lab-V	0	0	2	2
VI	PSYS05C601	Counseling Psychology	3	0	0	3
	PSYS05C602	Systems Theories in Psychology	3	0	0	3
	PSYS05C603	Internship	0	0	3	3
	PSYS05C604	Counseling Psychology Lab-VI	0	0	2	2
VII	PSYS05C701	Human Resource Development	4	0	0	4
	PSYS05C702	Research	3	1	0	4

		Methodology				
	PSYS05C703	Health Psychology	3	0	0	3
	PSYS05C704	Human Resource Development Lab-VII	0	0	2	2
VIII	PSYS05C801	Neuropsychology	3	0	0	4
	PSYS05C802	Experimental Design	3	1	0	4
	PSYS05C804	Development of Psychological Thoughts	3	0	0	3
	PSYS05C803	Forensic Psychology	3	0	0	3
	PSYS05C805	Experimental Design Lab-VIII	0	0	2	2
B.A.(Hons.) Psychology with Research						
VII	PSYS05C701	Psychometric Theory and Methods	4	0	0	4
	PSYS05C702	Addiction Psychology	4	0	0	4
	PSYS05C703	Academic research Paper Writing and IPR	3	0	0	3
	-	Dissertation (Synopsis)	0	0	0	4
VIII	PSYS05C803	Child Psychology	4	0	0	4
	PSYS05C804	Disaster Management & Psychological First Aid	3	0	0	3
	-	Dissertation (Submission)	0	0	0	8

7.2 Discipline Specific Elective (DSE)

The Discipline Specific Electives (DSEs) are a pool of credit courses of Psychology from which a student will choose to study based on his/ her interest. A student of Bachelor of Arts (Hons.) Psychology will have to study one DSE each III to VI. The semester wise distribution of DSE courses over six semesters.

Semester	Course Code	Title of the Course	Schedule of Teaching (Credits-wise)			TOTAL Credits
			Theory	Tutorial	Practical	
III	PSYS05E301	Applied Social Psychology	3	0	0	3
	PSYS05E302	Psychology of Social Media	3	0	0	3
	PSYS05E303	Community Psychology	3	0	0	3
IV	PSYS05E401	Psychological Assessment	3	0	0	3
	PSYS05E402	Psychological Tests	3	0	0	3
	PSYS05E403	Personality Assessment Tools	3	0	0	3
V	PSYS05E501	Sports Psychology	3	0	0	3
	PSYS05E502	Team Dynamics and Cohesion	3	0	0	3
	PSYS05E503	Exercise Psychology	3	0	0	3
VI	PSYS05E601	Personality Psychology	3	0	0	3
	PSYS05E602	Personality development across the lifespan	3	0	0	3
	PSYS05E603	Personality Disorders and Treatment	3	0	0	3

7.3 List of Courses offered as Minors or Generic Elective

All UG students are required to undergo eight minor courses of 04 credits each from the minor discipline which helps them to gain a broader understanding beyond the major discipline. These courses will be offered as generic elective for Multi-disciplinary programme.

Semester	Code	Course Title	Schedule of Teaching (Credit-wise)			Credits
			Theory	Tutorial	Practical	
Semester-I	PSYS05MI101	Foundation of Psychology	4	0	0	4
Semester-II	PSYS05MI201	Psychology of Gender	4	0	0	4
Semester-III	PSYS05MI301	Expressive Therapies	4	0	0	4
Semester-IV	PSYS05MI401	Ethics in Psychology	4	0	0	4
Semester-V	PSYS05MI501	Problem Solving and Creativity	4	0	0	4
Semester-VI	PSYS05MI601	Parenting Psychology	4	0	0	4
Semester-VII	PSYS05MI701	Guidance and Counseling	4	0	0	4
Semester-VII	PSYS05MI801	Group Processes & Crowd Psychology	4	0	0	4

7.4 List of Courses offered as Multi-Disciplinary Course

All UG students are required to undergo 3 introductory-level multi-disciplinary courses relating to any of the broad disciplines other than chosen major.

Semester	Code	Course Title	Schedule of Teaching (Credit-wise)			Credits
			Theory	Tutorial	Practical	
Sem-I	PSYS05 MD 101	Stress Management	4	0	0	4
Sem-I	PSYS05 MD 102	General Psychology	4	0	0	4
Sem-II	PSYS05MD201	Social Psychology	4	0	0	4
Sem-II	PSYS05MD202	Emotional Intelligence	4	0	0	4
Sem-III	PSYS05 MD 301	Psychology of Social Media	4	0	0	4
Sem-III	PSYS05 MD 302	Media Psychology	4	0	0	4
Sem-IV	PSYS05 MD 301	Positive Psychology	4	0	0	4
Sem-IV	PSYS05 MD 302	Health Psychology	4	0	0	4

7.5 List of Courses offered as Skill Enhancement Courses

To improve the skills essential for advanced studies, research, and employability, students will be offered a variety of Skill Enhancement as listed in Table below:

Semester	Code	Course Title	Schedule of Teaching (Credit-wise)			Credits
			Theory	Tutorial	Practical	
Sem-I	PSYS05S101	Stress Management	3	0	3	0
Sem-I	PSYS05S102	Psychology of Everyday	3	0	3	0
Sem-II	PSYS05S103	Consumer Psychology	3	0	3	0
Sem-II	PSYS05S104	The Psychology of Language	3	0	3	0
Sem-III	PSYS05S105	Yoga and Positive Psychology for Managing Career and Life	3	0	3	0
Sem-III	PSYS05S106	Student Psychology	3	0	3	0
Sem-IV	PSYS05S107	Psychology at work	3	0	3	0
Sem-IV	PSYS05S108	Psychology of Motivation and Learning	3	0	3	0

Note: Additionally, students can select Skill Enhancement Courses, Ability Enhancement Courses (AECs) and Value-Added Courses (VACs) from the pool of courses provided by university