Graduate attributes in Psychology

SomeoftheGraduateattributes ofastudent graduatedinPsychology are: -

♣**Comprehending core psychological concepts and theories**: Ability to understand majorconcepts, theories, principles, perspectives, historical root-sand empirical findings. This makes students theoretically informed and insightful about one's own and others' behaviours and mental processes.

♣**Fostering an applied perspective**: A fair degree of understanding of concepts and principles would prepare for applications to individual level behavioural problems, and problems of society at large. Individual assessment (differentiating individuals on the basis of personality traits, aptitudes, values, abilities etc.), counselling and building human strengths are the major skills that a psychologist initially needs to acquire.

♣**Establishing interface with socio-cultural context**: A healthy interface between society, culture and academic pursuit in the discipline of psychology needs to evolve. To this end, a deeper sense of belongingness to community with engagement in socially driven projects, lab work and simulation are required.

♣**Building scientific attitude and perspective**: An attitude of scientific inquiry and critical thinking, ability to plan, design and conduct research, analyse data and interpret them and behaviour is must for psychology graduates. To this end, procedural knowledge of psychological testing, basic data analytic methods, field observation, group activities, planning and conducting simple experiments, use of software for conducting computer based experiments and data analysis are required. Such an orientation would enhance students' job potential.

♣**Social and multicultural sensibility**: Demonstrate an ability to incorporate socio- cultural factors in scientific inquiry, so as to conduct contextually sensitive research that may bridge the research and practice divide. This also requires cross-cultural understanding of psychological phenomena and an ability to view things from international/global perspective as well as awareness of indigenous Indian perspectives.

♣**Self-awareness, relational well-being and personal growth**: Becoming aware of one's strengths and weaknesses, figuring out one's self and identity, relating with self and world of social relationships, capabilities and ways to organize everyday life and relationships in such a way that the level of subjective wellbeing increases. A person shall also have insight into the trajectories of life and plan so as to move further in the desired direction.

♣**Ability to communicate and having empathy:** Acquiring the skill to present oneself effectively to others, effectively communicate the intentions and displaying them with the help of

pertinent cues. Exploring the world of marginalized people with empathy, compassion and concern, also an understanding of social injustice and striving for justice, appreciation of others

♣**Demonstrating moral and ethical awareness and reasoning:**As a learner one has to resist the temptations to indulge in various malpractices and stand by the moral and ethical practices in academic life particularly during evaluation and assessment. In particular, awareness of intellectual property rights and issues of plagiarism are necessary.

ProgramLearningOutcomes(POs)inB.Sc(Honours)Psychology

The learning outcomes that a student should be able to demonstrate on completion of a degree level programme may involve academic, behavioural and social competencies as described below.

Academic Competence

- Disciplinary knowledge and methods including data analysis and computer literacy.

- Basic professional skills pertaining to psychological testing, assessment and counselling.

- Ability to use skills in specific areas related to chosen specialization (e.g. cognitive, industrial-organizational, clinical, counselling, health, educational, social, community).

- Ability to relate and connect concepts with personal experiences and using critical thinking.

- Curiosity and ability to formulate psychology related problems and using appropriate concepts and methods to solve them.

- Ability to use various e-resources and social media and negotiating with technological challenges.

- Articulation of ideas, scientific writing and authentic reporting, effective presentation skills.

- Dealing with conflicting theories and approaches, learning to withstand ambiguities and conflicts.

Personal & Behavioural Competence

- Self-development, health and hygiene, self-regulation skills.

- Developing positive attributes such as empathy, compassion, social participation, and accountability.

- Developing cultural and historical sensibility particularly indigenous traditions, socio-cultural context and diversity.

- Having conversational competence including communication and effective interaction with others, listening, speaking, and observational skills.

- Appreciating and tolerating different perspectives.

- Ability to work both independently and in group and dealing effectively with clients and stakeholders, learning the art of negotiation.

Social Competence

- Collaboration, cooperation and realizing the power of groups and community.

- Analysing social problems and understanding social dynamics.

- Gender sensitization including gender respect, respect for one's own gender, dealing with gender confusion and gender identity issues.

- Ethical, social and ecological responsibility including acknowledging the dignity and presence of others, awareness of social order, learning of values and social concernreflected through activation of social participates (e.g. village surveys, visiting old age homes and spending time with elderly, orphanage community service etc).

- Moral and ethical awareness and reasoning involving objective and unbiased work attitude, avoiding unethical behaviours such as data fabrication and plagiarism, observing code of conduct, respecting intellectual property rights and being aware of the implications and ethical concerns of research studies.

- Commitment to health and wellbeing at different levels (e.g. individual, organization, community,society).

Core Course for B.Sc Psychology (Hons.)

S. No.	POs	CC-1	CC-2	CC-3	CC-4	CC-5	CC-6	CC-7	CC-8	CC-9	CC-10	CC-11	CC-12	CC-13	CC-14
1	Disciplinary Knowledge	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2	Professional skills	--	X	X	--	X	X	X	X	X	X	X	X	X	X
3	Application of Skills to chosen specialization	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4	Experiential Learning &Critical Thinking		X	X		X	X	X	X	X	X	X	X	X	X
5	Application to Psychology related Problems	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	Skills in scientific writing & Effective presentation skills	X	X	X	X	X	X	X	X	X	X	X	X	X	X
7	Critical evaluation of theoretical approaches	X		X	X	X	_	_	X	_	X		X	_	X
8	Social skills (empathy and accountability)	X		X	X	X		X	X		X	X	X	X	X
9	Cultural and historical sensibility	X		X	X	X		_	X		X	X	X	X	X
10	Appreciating Diverse perspective	X	X	X	X	X	X	X	X	X	X	X	X	X	X
11	Develop TechnicalCommunicationskills				X	X	-	X	X		X	X	X	X	X
12	Ethcal social and ecological responsibility	X		X	X	X	X	X	X	_	X	X	X	X	X
13	Moral & Ethical Awareness & reasoning	X		X	X	X		X	X		X	X	X	X	X
14	Multilevel Commitment to health & wellbeing	X		X	X			X	X		X	X	X	X	X

DisciplineSpecificElectives(DSE) and

SkillEnhancementCourse (SEC)forB.A, B.Sc. Psychology(Hons.)

S. No	POs	DSE A1 POSI	DSEB1 HEALT	DSEA2 HRM	DSE B2 COMM	SECA1 BEHV	SECB1 STRSS
1	Disciplinary Knowledge	X	X	X	X	X	X
2	Professional skills	X	X	X	X	X	X
3	Application of Skills to chosen specialization	X	X	X	X	X	X
4	Experiential Learning &Critical Thinking	X	X	X	X	X	X
5	Application to Psychology related Problems	X	X	X	X	X	X
6	Skills in scientific writing & Effective presentation skills	X	X	X	X	X	X
7	Critical evaluation of theoretical approaches	X	-	-	X	-	-
8	Social skills (empathy and accountability)	-	X	X	X	X	X
9	Cultural and historical sensibility	X	-	-	X	-	
10	Appreciating Diverse perspective	X	X	X	X	-	-
11	Develop TechnicalCommunic ationskills	-	-	X	-	X	X
12	Ethcal social and ecological responsibility	-	X	X	X	X	X
13	Moral & Ethical Awareness & reasoning	-	X	X	X	X	X
14	Multilevel Commitment to health & wellbeing	X	X	X	X	X	X

CORE COURSES

CC1: INTRODUCTION TO PSYCHOLOGY
(Credits: 06, Theory-04, Practicals-02)

Courselearningoutcome(COs):
- Develop a thorough comprehension of psychology, including its various perspectives, methodologies, subfields, and the evolving landscape of psychology in modern India.
- Understand perceptual processes, including attention, organization, sets, constancies, depth perception, and illusions, enabling them to analyze and interpret complex perceptual phenomena.
- Understand the principles and applications of classical and operant conditioning, observational learning, cognitive influences on learning, and gain insights into different perspectives on motivation, types of motivation, and motivational conflicts.
- Deepen Understanding of Memory Processes. Delve into models of memory, such as levels of processing, parallel distributed processing, and information processing, exploring the reconstructive nature of memory, factors influencing forgetting, and strategies for memory improvement.

CC2:STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-I
(Credits: 06, Theory-04, Practicals-02)

Courselearningoutcome(COs):
- Familiarize with the use of statistical methods in psychological research and the techniques of descriptive statistics for quantitative research.
- Understanding how to conduct psychological research, gaining a deep understanding of the significance of statistics in psychological inquiry.
- Apply statistical methods effectively, distinguishing between descriptive and inferential statistics and recognizing the crucial role of variables and constants in research design.
- Develop expertise in analyzing variables and constants, utilizing various scales of measurement to enhance precision in their psychological research endeavors.
- Integrate statistical knowledge into the design and execution of psychological research, ensuring a comprehensive understanding of scales of measurement and the application of statistical techniques for robust and valid research outcomes.
- Grasping concepts of Organizing Quantitative Data; Constructing a Grouped Frequency Distribution, a Relative Frequency Distribution and a Cumulative Frequency Distribution; Computation of Percentiles and Percentile Ranks.
- Learn about Graphic Representation of Data. Its basic procedures; The Histogram; The

Frequency Polygon; The Bar

- Gain understanding The Pie Chart; The Cumulative Frequency Graph; Factors affecting the Shape of Graphs
- Understand the calculation and interpretation of mode, median, and mean from both raw and grouped scores, understanding the properties and comparisons of these measures in normal and skewed distributions.
- Demonstrate proficiency in computing and analyzing the range, semi-interquartile range, variance, and standard deviation from deviation scores and raw scores, recognizing properties and comparisons of variability measures and the impact of linear transformations.
- Develop skills in transforming raw scores into z-scores, determining raw scores from z-scores, and understanding common standard scores, along with the comparison of z-scores and percentile ranks.
- Comprehend the nature and properties of the normal probability distribution, including the standard normal curve, its applications in finding areas and scores, and its relevance as a model for real variables and sampling distributions.
- Gain understanding of correlation, considering its historical perspective, the scatterplot of bivariate distributions, calculation of Pearson's and Spearman's correlation coefficients, and awareness of cautions regarding correlation and causation.
- Demonstrate competence in random sampling techniques, utilizing tables of random numbers, comprehending the random sampling distribution of the mean, assessing characteristics of the distribution, and determining probabilities for various ranges of values.

CC3: BIOPSYCHOLOGY
(Credits: 06, Theory-04, Practicals-02)

Courselearningoutcome(COs):

- Develop a comprehensive understanding of biopsychology, exploring its nature, scope, and ethical considerations, while gaining insights into the methods used in biopsychological research and recognizing the divisions within the field.
- Develop understanding of the structure and functions of neurons, neural conduction, and synaptic transmission, enabling them to comprehend the fundamental aspects of brain functioning.
- Acquire in-depth knowledge of the central nervous system (CNS) and peripheral nervous system (PNS), exploring their structures and functions, while also examining functional abnormalities related to neurotransmitters, specifically the dopamine and serotonin hypothesis.
- To develop mastery in understanding the structure, functions, and abnormalities of major glands within the neuroendocrine system, specifically the thyroid, adrenal, gonads, and pituitary glands, deepening their comprehension of the intricate relationship between

thenervous and endocrine systems.

CC4: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES
(Credits: 06, Theory-04, Practicals-02)

Courselearningoutcome(COs):

- To develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others
- To develop a nuanced understanding of individual differences, fostering self-reflection and promoting insights into the diversity of personalities and intelligence, while cultivating an appreciation for various cultural perspectives.
- Understanding and grasping the nature of personality, exploring its biopsychosocial foundations and the influence of culture and gender, while gaining insights from diverse perspectives including psychodynamic (Freud), humanistic (Maslow), and social (Bandura).
- To acquire comprehensive knowledge of intelligence, delving into psychometric and cognitive approaches, Gardner's multiple intelligences, emotional intelligence, and the role of heredity and environment, with an exploration of group differences and extremes of intelligence.
- To gain an understanding of self and identity from Indian philosophical perspectives, examining views from Nyaya, Vedanta, and Buddhism, and exploring the components of identity through the lens of Sankhya's concept of Triguna.
- To apply self-determination theory, focusing on enhancing cognitive potential, self-regulation, self-enhancement, and fostering creativity, to empower individuals in realizing and maximizing their unique potentials.

CC5: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT

(Credits:06,Theory-04,Practicals-02)
Courselearningoutcome(COs):

Thiscoursewill enable thestudent to

- Developing an appreciation of the need to have alternative perspectives in psychology and to understand the relevance and potentials of Indian psychological thought. This course shall help participants traverse through an inner journey of Self-reflection and mindful awareness with Yoga and Vedanta.

- Initiation of the journey of self understanding by adopting the stance of a witness and exploring self and personality from a developmental perspective.

- Understanding the notion of knowledge and ability to discriminate the various forms of knowledge in the tradition of experiential learning.

- Gaining knowledge about Watsonian and Skinnerian approaches to understanding human behaviour and how there is a paradigm shift towards cognitive era.

- Developing insights into the sense of self and personality and their various facets. Getting into various analytical debates involving traditional view and recent humanistic approach to personality and related issues.

- Enriched by insights from psychoanalysis, behaviorism, existentialism, and humanistic approaches.

- The students will have an idea about the everchanging concept of gender, understanding how the binary concept is becoming fluid. Development of sensitivity towards gender queer people and learning to deal with this social term with patience. Students will also have idea about the emergence of the concept through various theoretical perspectives.

CC6: PSYCHOLOGICAL RESEARCH
(Credits:06,Theory-04,Practicals-02)
Courselearningoutcome(COs):

Thiscoursewillenable the studentto:

1. Develop awareness of the basic features of various types of research undertaken with human beings and understanding of the use of basic terminology used in human research.

2. Develop basic idea about research- its goals and properties. Also understating the limitations and moral practices carried out doing psychological research.

3. Develop an understanding of the nature of qualitative and quantitative inquiry. Knowing the difference between these two approaches.

4. Understand population and sample- various sampling methods and their uses in the field of psychology

5. Develop familiarity with different kinds of measures and techniques for assessing individual differences- various methods of data collection like interview method, survey method etc.

6. Understand the term – 'psychological test'- and its standardization with respect to its important components like reliability, validity and norms.

CC7: SOCIAL PSYCHOLOGY

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Thiscoursewill enable thestudent to-

1. Understand the basic social psychological concepts and familiarize with relevant methods. Th student will also have an idea about how the field of social psychology has developed and emerged as an important field of research in India.

2. Learn the applications of social psychology to social issues like gender, environment, health, intergroup conflicts, wellbeing etc.

3. Develop skills pertaining to mapping of social reality and understanding how people evaluate social situations- with the help of social cognition and social perception. A detailed understanding of the concept of attitude and its development will occur along with knowing how attitude behaviour link can be fundamental to understanding of the way we behave.

4. Familiarise with the concepts of social affect and affective processes including people's harming and helping behaviours- emphasizing pro-sociality. The students will understand the dynamic of interpersonal attraction along with Developing an understanding pertaining to social influence processes particularly the influence of others on individual behaviour and performance.

5. Gain knowledge on the illusive concept of 'Group': its nature, structure, properties and dynamicity. The student will also understand the importance of inter group interactions and conflict resolution while knowing about prejudice and its adverse effects our societal structure.

CC8:Understanding Psychological Disorders

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Thiscoursewill enable thestudent to

1. Developing a foundational knowledge of Clinical Psychology, its historical development and understanding the differentiation of normality and abnormality. It will also help developing the idea of international classificatory system used in diagnosis of various disorders.

2. Acquiring knowledge and skills for distinguishing normal and abnormal behaviour and learn the criteria of determining abnormality.

3. Developing competencies for assessing the psychological functioning of individuals through techniques such as psychological assessment- using standardised tests.

4. Developing familiarity with the current diagnostic systems (current edition of the Diagnostic and Statistical Manual of Mental Disorders and International Classification of Diseases- Mental Disorder section)

5. Acquiring knowledge about Anxiety Disorders (Generalized Anxiety Disorder and Obsessive Compulsive Disorder) and Somatoform Disorders (Hypochondriasis and Conversion disorders).

6. Gaining knowledge about the clinical picture and causes of Schizophrenia and Mood disorders.

7. Also acquiring understanding about Personality Disorder and disorder of development.

CC9:STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Attheendofthecoursethestudentisexpectedtoassimilatethefollowingandpossess knowledgeof thefollowings.

1. Understanding the nature of measurement and its various levels.

2. Developing skills to understand the Difference between Two Independent Means: The meaning of Statistical Inference and Hypothesis Testing.

3. Knowing Null and the Alternative Hypotheses. Also knowing what is sampling and how is it relevant in statistical usage. Grasping concepts of errors related to hypothesis testing and knowing Type-I and Type-II errors, levels of significance and Power of a Test.

4. Understanding "probability"- and how is this relevant in Hypothesis Testing; the Statistical Decision regarding Retention and Rejection of Null Hypothesis.

5. Learning basic techniques of descriptive and inferential statistics (parametric); where the students will learn the concepts of students t-test- its assumptions, formula along with computation after identifying the problem.

6. Also, knowing Hypothesis Testing for Differences among Three or More Groups:One-Way Analysis of Variance - (ANOVA). Concept of ANOVA. Concept of t and F test and their relationship.

7. Understanding Nonparametric Approaches to Datawith introduction to Distribution-free Nonparametric Tests; Uses and Applications of such Nonparametric Tests. Comparison with Parametric Tests;

8. Having knowledge about Chi-Square as a Measure of non-parametric approach; Logic of the Chi-Square Test; Assumptions of Chi-Square; Calculation of the Chi-Square Goodness-of-Fit-Test- Interpretation of the Outcome of a Chi-Square Test.

CC10: APPLIED SOCIAL PSYCHOLOGY

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs): incomplete

Thiscoursewill enablethestudenttogetfamiliarwithquantummechanicsformulation.

1. Understanding the role of psychological processes (people's attitude, beliefs) in people's responses to environmental problems.
2. Understanding the processes related to environmental degradation and their impact on human life.
3. Understanding pro-environment behaviour and human-environment transaction, and being able to design behavioural interventions to minimize the adverse effects of anti- environment behaviour.
4. Develop understanding about applied social psychology principles in diverse professional settings, demonstrating proficiency in addressing challenges within work, health, and the legal system.
5. Master the process of intervention, recognize the imperative for program evaluation, and analyze case studies within the Indian context to enhance their skills in designing and implementing effective programs.

CC11:UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Thiscoursewillenablethestudentto

1. To develop the Etiological understanding and therapeutic Interventions for the various Psychological Disorders, like Mood Disorder and Schizophrenia.
2. To develop understanding regarding how to deal with moderate to severe Psychopathology.
3. To develop a foundational knowledge of insight-oriented explanations and interventions for disorders like Phobia, Depression etc.
4. To develop Perspectives of different approaches of different Counseling methods.
5. To acquire knowledge and skills for distinguishing normal and abnormal behavior and learn the criteria of determining abnormality.

CC12:DEVELOPMENTAL PSYCHOLOGY
(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Thiscoursewill enable thestudent to

1. To equip the learners with an understanding of the concept and process of human development across the life span.
2. To impact an understanding of the various domains of human development.
3. To inculcate sensitivity to socio-cultural concepts of human development.
4. To develop an ability to identify the milestones in diverse domains of human development across life stages.
5. To acquire an ability to understand and distinguish major theoretical perspectives and methodological approaches in human development.
6. To acquire an ability to decipher key developmental challenges and issues faced in the Indian societal context.

CC13:ORGANIZATIONAL BEHAVIOUR
(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Asthe successfulcompletionof the coursethe student isexpected tobe conversantwiththefollowing.

1. To develop an awareness of the concepts related to organizational behavior.
2. Help the students develop connectivity between concepts
3. Developing a deeper understanding of conceptual and theoretical bases of motivation and employees' work attitudes and their relationship with performance and organizational outcomes.
4. To develop concept regarding commitment of employees towards organizations, an understanding about underlying factors of job satisfaction, goal setting and MBO etc.
5. To develop understanding regarding dynamics of organizational behavior.
6. Understanding leadership processes from different theoretical perspectives.

CC14:COUNSELLING PSYCHOLOGY

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Attheend ofthecoursethestudentisexpectedtolearnandassimilatethefollowing.

1. To develop an understanding of basic concepts, processes and techniques of counseling
2. To acquiring basic counseling skills of problem identification, and relationship building.
3. To demonstrate skills of helping clients.
4. To develop qualities of an effective counselor including increasing self-awareness, reflexivity, self-monitoring and objectivity.
5. To develop counseling skills regarding different areas like family, career, child etc.
6. To acquaint the learner with the challenges of counseling intervention in fields like sexual abuse, grief management and suicide prevention.

DSE-A1:POSITIVE PSYCHOLOGY

(Credits:06,Theory-04,Practicals-02

**Courselearningoutcome(C
Os):**

Thiscoursewillenablethestudentt
o

1. To introduce the basic concepts of the growing approach of Positive Psychology and understand its applications in various domains.

2. To Appreciate and understand the meaning and conceptual approaches to Happiness and Well-being.

3. To learn the various pathways through which positive emotions and positive traits contribute to Well-being.

4. To make learners able to identify the key virtues and character strengths which facilitate Self Efficacy, Hope, Optimism and Resilience.

DSE-B1:HEALTH PSYCHOLOGY

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Thiscoursewill enable thestudent to

Course Learning Outcome (COs)
1. To develop the knowledge regarding health and its components, goals of health psychology, bio-psychosocial model of health.
2. To understand the value of doing exercise, having nutritious food, learning safety lifestyles to prevent injury, pain and stress in day to day life
3. To make the learners aware of the health-damaging and health-promoting lifestyles, the theories and implications of health behavior.
4. To make the learners to identify the relationship between health and well being and the factors which facilitate life satisfaction, resilience, optimism and hope.

DSE-A2:HUMAN RESOURCE MANAGEMENT

(Credits:06,Theory-04,Practicals-02)

Courselearningoutcome(COs):

Thiscoursewill enable thestudent to

1. To help learners understand the various processes and issues inherent in organizations related to human resource development and management.
2. To develop the ability to assist HR departments in resolving human resource issues, particularly related to recruitment, selection, performance appraisal, training and career development.
3. To make the students aware of human resource practices like job analysis, the procedure regarding recruitment and selection, the effect of training on performance.
4. To demonstrate the concept of International human resource management along with the role of multi-culture and the change of functions in MNCs in the context of globalization.

DSE-B2: COMMUNITY PSYCHOLOGY

(Credits:06, Theory-04, Practicals-02)

Courselearningoutcome(COs):

Attheend ofthecoursethestudentisexpectedtohaveanidea/concept ofthefollowing,

1. To understanding the role of Psychology in community development.
2. To develop an appreciation of the core values that guide community psychology and facilitate community functions.
3. To develop insights with respect to health promotion programs in communities, community program for child and maternal health, for physically challenged and elderly people in the Indian context, through case studies.
4. To form the concept of interventions and their role in community development and empowerment

SEC-A1: Behaviour Modification

(Credits:06,Theory-06,)

Courselearningoutcome(COs):

- To understand the concept of behaviour modification and its applications

- Learn about behaviour, behaviour modification and behaviour assessment.

- Understand about Behavioral Principles to Various Settings- Classical conditioning theory, basic principles, cognitive perspective and applications. Operant conditioning theory, basic principles, punishment, negative reinforcement, schedules of reinforcement, cognitive perspective and applications.

- Acquire proficiency in behavior modification techniques - Token Economy, Contingencies, Shaping, Premack Principle.

- Understand about planning, applying, and evaluating behavioral interventions, with a focus on increasing desired behaviors through positive reinforcement, maintaining behaviors using conditioned reinforcement, and decreasing behaviors through extinction.

- Acquire knowledge about Comprehensive Analysis of Behavior Modification Applications. Learn to critically analyze and synthesize the applications of behavior modification in school, family, and work settings, fostering a comprehensive understanding of how behavioral principles and procedures contribute to positive outcomes in diverse environments.

- To gain skills in getting behaviors to occur more often through positive reinforcement, exploring the planning, application, and evaluation of strategies aimed at promoting positive behavior in various contexts.

- Acquire expertise in developing and maintaining behavior with conditioned reinforcement and decreasing behavior with extinction, demonstrating competence in planning, applying, and evaluating behavioral interventions for effective outcomes.

SEC-B2: STRESS MANAGEMENT

(Credits:06,Theory-6)

Courselearningoutcome(COs):

- To understand how one can make adjustments and manage to cope with stress more effectively.
- To understand the nature of stress and symptoms of stress. Understand the basic principles of stress management.
- Acquire knowledge about Comprehensive Analysis of various sources of stress: environmental, social, physiological and psychological
- Acquire expertise in developing and maintaining Stress and health: effects of stress on health, eustress
- Understand about planning, applying, managing stress:
- Learn about methods of stress management- yoga, meditation, relaxation techniques, Problem focused and emotion focused approaches.