

DAYANAND COLLEGE, HISAR
DEPARTMENT OF PSYCHOLOGY

PROGRAMME LEARNING OUTCOME:

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

Scholastic Competence:

- Disciplinary information and strategies including information examination and PC education.
- Basic expert abilities relating to mental testing, appraisal and advising.
- Ability to utilize aptitudes in explicit regions identified with picked specialization (for example psychological, clinical, advising, wellbeing, and instructive, social, network).
- Ability to relate and interface ideas with individual encounters and utilizing basic thinking.
- Curiosity and capacity to detail brain research related issues and utilizing fitting ideas and techniques to comprehend them.
- Ability to utilize different e-assets and web-based media and haggling with mechanical challenges.
- Articulation of thoughts, logical composition and genuine revealing, compelling introduction aptitudes.

Individual and Behavioral Competence

- Self-advancement, wellbeing and cleanliness, self-guideline aptitudes.
- Developing positive ascribes, for example, sympathy, empathy, social interest, and responsibility.
- Developing social and chronicled reasonableness especially indigenous customs, socio cultural setting and variety.

- Having conversational ability including correspondence and powerful association with others, tuning in, talking, and observational aptitudes.
- Appreciating and enduring alternate points of view.
- Ability to work both freely and in gathering and managing customers what's more, partners, learning the specialty of exchange.

Social Competence

- Collaboration, participation and understanding the intensity of gatherings and network.
- Analyzing social issues and understanding social elements.
- Gender sharpening including sexual orientation regard, regard for one's own sex, managing with sex disarray and sexual orientation personality issues.

Why to choose PSYCHOLOGY

Graduation in Psychology prepares students to apply skills in Schools, Mental Health Agencies, Govt. Industry and other settings- where they may provide assessment, consulting, counseling and other services to the citizen of the region.

It is also a great choice as a optional paper in Higher Competitive Exams.

1. Psychology has emerged as a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.
2. It touches almost every aspect of our lives and studying it would definitely give students an insight into why people behave the way they do , what makes them react in certain way and how does environment bring changes in one's opinions , ideas ,decisions and behavior.
3. Diversified challenges and opportunities in the emerging world have cost a new shift in the field of Psychology for exploration.
4. Psychology Helps to better understand the mind /body, Sociocultural, inter and intra personal interactions with the scientific methodology.
5. We aim at providing intensive and comprehensive knowledge of psychology as a subject.

Course Out Come : At graduation level we offer 18 papers.

1. Course Name: INTRODUCTION TO PSYCHOLOGY:

Course Code: PSY-101

This paper gives comprehensive knowledge of Psychology helping them to understand the basic concept, principles, terminology and important trends like Emotion, Motivation, Intelligence and Personality with theoretically.

2. Course Name: EXPERIMENTAL PSYCHOLOGY

Course Code: PSY-102

In Psychology, experiments are considered as spine of the Methodology to study. Psychology encourages comprehending the system and fundamental idea of investigation. Trial techniques, perception and review strategy are shrouded in the course which is extremely useful to students. This course content gives information about various exploratory strategies in different fields to the understudies.

3. Course Name: DEVELOPMENTAL PSYCHOLOGY

Course Code: PSY-201

Throughout our lives, we go through various vital stages of development, in which each individual grows and adapts in some standardized and some unique ways. The field of development psychology is primarily focused on the study of human development through these vital stages, and the discovery of new and better ways for people to maximize their potential in every stage of development. The course hereby will describe, explain and to optimize development specifically.

4. Course Name: SOCIAL PSYCHOLOGY

Course Code: PSY-202

Social psychology is the scientific study of how people's thoughts, feelings, beliefs, intentions and goals are constructed within a social context by the actual or imagined interactions with others. It deals with the factors that lead us to behave in a given way in the presence of other, and look at the conditions under which certain behavior/actions and feeling occur.

In this course: Topics examined will include: the self concept, social cognition, attribution theory, social influence, group processes, prejudice and discrimination, interpersonal processes, aggression, attitudes and stereotypes and many more.

5. Course Name: PSYCHOPATHOLOGY

Course Code: PSY-301

Psychopathology course hereby will be aiming to make students understand and learn the psychological pathologies such as depression, anxiety, schizophrenia etc. This course will also help students to understand the diagnostic criteria and treatment planning's for people affected with the same. Study of abnormal behavior may be of great value in bettering individual adjustment and in reducing the great amount of misery arising out of mental illness and maladjustment in modern society as a whole.

6. Course Name: APPLIED PSYCHOLOGY**Course Code: PSY-302**

Applied psychology uses our understanding of human behaviors, affects, emotions, motivations, and disorders to effect measurable changes in patient mental health. While this branch of psychology has a research component, its primary thrust is to observe and evaluate patients, then use those results to directly impact patient care. Applied psychology is, therefore, subjective, using the principles of psychology and applying them to specific situations on a case-by-case basis. Now this course will aid students in the process of learning about various aspects of psychology a whole and will give them the ability to solve problems within human behavior, self management to team work abilities to more refine skills.

Course Name: STRESS MANAGEMENT**Course Code: C24MDC127**

This course provides comprehensive knowledge of the nature, causes and effects of stress on physical and psychological health. It enables students to understand different sources of stress, the impact of stress on body systems, and the relationship between stress and well-being. The course also introduces various stress management strategies such as yoga, meditation, relaxation techniques, resilience building and coping skills to promote a healthy and balanced lifestyle.

Course Name: PERSONALITY DEVELOPMENT**Course Code: C24MDC225T**

This course provides comprehensive knowledge of personality, self-concept and the factors influencing personality development. It helps students understand the importance of self-awareness, self-esteem, self-confidence and self-efficacy in personal growth. The course also introduces practical techniques such as SMART goal setting, SWOT analysis and Johari Window to enhance interpersonal skills and overall personality development.

Course Name: POSITIVE PSYCHOLOGY

Course Code: C24MDC325T

This course provides comprehensive knowledge of the concepts, principles and applications of Positive Psychology. It enables students to understand the role of positive emotions, emotional intelligence, resilience, gratitude, hope and forgiveness in promoting happiness and psychological well-being. The course also helps students apply the principles of Positive Psychology to improve personal, social and professional life.

Course Name: UNDERSTANDING PSYCHOLOGY-IV

Course Code: C24VAC421T

This course provides comprehensive knowledge of personality, its characteristics and major theoretical approaches. It enables students to understand biological, psychological and socio-cultural factors influencing personality and introduces important trait, psychodynamic and humanistic theories. The course also enhances students' understanding of personality and its relevance to psychological well-being

Course Name: UNDERSTANDING PSYCHOLOGY-I

Course Code: C24MIC120T

This course provides comprehensive knowledge of the basic concepts, nature and methods of psychology. It enables students to understand the scientific foundations of psychology, research methods, learning and memory processes. The course also helps students apply fundamental psychological principles to understand human behaviour and everyday life.

Course Name: UNDERSTANDING PSYCHOLOGY-II

Course Code: C24MIC220T

This course provides comprehensive knowledge of personality and intelligence, enabling students to understand their nature, determinants and major theories. It introduces standardized tools for the assessment of personality and intelligence and helps students develop an understanding of individual differences. The course also enhances students' ability to apply psychological concepts in understanding human behaviour.

Course Name: COGNITIVE PSYCHOLOGY-III

Course Code: C24MIC320T

This course provides comprehensive knowledge of cognitive processes including sensation, perception, attention, memory, thinking, problem solving, decision making and language development. It enables students to understand how individuals acquire, process and utilize information in everyday life. The course also develops the ability to apply cognitive principles in solving real-life problems and understanding human behaviour.

Course Name: CHILD PSYCHOLOGY-IV

Course Code: C24MIC420T

This course provides comprehensive knowledge of child development from infancy through adolescence. It enables students to understand the physical, cognitive, emotional and social aspects of development, along with the factors influencing child growth. The course also introduces developmental theories and highlights the role of family, school and environment in promoting healthy child development.

Course Name: INTRODUCTION TO MENTAL DISORDERS-V

Course Code: C24VOC520T

This course provides comprehensive knowledge of the concepts of normality and abnormality, classification of mental disorders and major models of psychopathology. It enables students to understand the causes, symptoms and management of common psychological disorders, including anxiety disorders. The course also promotes awareness of mental health and the importance of early identification and intervention.

Course Name: GUIDANCE AND COUNSELLING-VI

Course Code: C24VOC620T

This course provides comprehensive knowledge of the concepts, principles and scope of guidance and counselling. It enables students to understand various types, processes and applications of guidance and counselling in educational, vocational, personal and family settings. The course also develops effective counselling skills, ethical awareness and professional competence for promoting individual growth and well-being.

Course Name: ORGANIZATIONAL PSYCHOLOGY-VII

Course Code: C24VOC620T

This course provides comprehensive knowledge of organizational psychology and its applications in workplace settings. It helps students understand the role of work environment, motivation, job satisfaction and stress in influencing employee performance

and well-being. The course also introduces psychological principles and techniques for improving organizational effectiveness and professional productivity.

Course Name: BASIC STATISTICS-III

Course Code: C24SEC319T

This course provides comprehensive knowledge of the fundamental concepts and applications of statistics in psychology. It enables students to understand different types of variables, measurement scales, methods of organizing data and measures of central tendency and variability. The course also develops basic statistical skills required for psychological research and data interpretation.