

(Contact Hours-45, Credits-3)

Programme Objectives: This programme will develop interest among the learners towards Psychology. It aims to help learners to understand behaviours and mental processes of people. It will also develop awareness of the empirical knowledge to improve the lives of people.

Learning Outcomes

At the end of the Course students are able to:

1. identify basic concepts of psychology and apply psychological principles to everyday life
2. determine the relationship between the physical functioning of an organism and its behaviour
3. make use of a wide range of actions such as helping, sharing, comforting and cooperating with others

UNIT I Concept of Psychology

- Meaning, Nature and Scope of Psychology, Psychology as a Science
- Principles of Psychology
- Branches of Psychology
- Approaches in Psychology: Behaviourism, Cognitive, Psychodynamic and Biological

UNIT II Physiological Basis of Psychology

- Physiological Characteristics
- Nervous System and Endocrine System
- Hemispheric Division and its features
- Neurons: Definition, Structure and Types

UNIT III Pro- Social Behaviour

- Meaning and determinants of Pro-social Behaviour
- Types: Proactive, Reactive and Altruistic
- Influences on Pro-social Behaviour
- Benefits of Pro-social Behaviour

Assignments (Choose any one)

1. Prepare a sketch on how to promote pro-social behaviour
2. Use a pro-social behaviour scale to measure the Pro-Social Behaviour of a student.
3. Engage yourself in any one prosocial activities: like Clubs(e.g. art, biking, robotics, scouts, chess etc); or day camps; or creative arts/music/theatre or volunteer opportunities through community organizations