

Subject: Psychology

Title: Biopsychology

Credit: (4+2) Theory: 04; Practicum: 02

Code: PSY322CM

CONTACT HOURS: 64 (T) + 64 L)

Objective: To explore the biological bases of psychological processes.

Theory: 4 Credits

Unit 1: Introduction to Biopsychology

- Nature and Scope
- Divisions of biopsychology: Physiological psychology, Neuropsychology, psychopharmacology, cognitive neuroscience and comparative psychology.
- Bio-psychological research; Family studies, Twin studies and Adoption studies.
- Ethical standards in biopsychology.

Unit 2: Neuron and neurotransmitters:

- Structure and function of neurons, Neuron conduction (Polarization, Depolarization and Repolarization)
- Neurotransmitters- characteristics and relations to behaviour (Acetylcholine, Dopamine, Norepinephrine, Serotonin, GABA and Glutamate).

Unit 3: Organization of nervous system:

- Structure and functions of CNS (Central nervous system) and PNS (Peripheral nervous system).
- Brain imaging procedures: EEG, MRI and fMRI
- Brain and Behaviour: Thalamus (Relay station), Hypothalamus (A regulator of biological needs), The Limbic system (The center of emotion) and the Cerebrum (The center of complex thought).

Unit 4: The Endocrine System:

- Structure and function of endocrine glands (Pituitary, Thyroid, Adrenal and Gonads) in regulating behavior.

Heredity and behavior:

- Basic principles of genetics: Chromosomes and genes, Genotype and phenotype, Polygenic inheritance.

PRACTICUM: 2 CREDITS

- 1. BIOFEEDBACK**
- 2. Building a neuron model**
- 3. Olfactory adaptation.**

Readings:

1. Weiten, W. (2013) *Psychology: Themes and variations*, 9th edition. Wardsworth: Cengage Learning.
2. Carlson, N.R. (2012). *Foundations of physiological Psychology*. (Sixth Edition). Delhi: Pearson Education.
3. Pinel, J. P. J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.

Learning Outcomes:

1. *Recent Advances in Psychobiology in relation to Health related interventions*
2. *Biological interventions for Psychological ailments.*
3. *Find the solutions to day to day problems using Psychobiology knowledge.*

Subject: Psychology

Title: Psychological First Aid (PFA) – III

Code: PSY322S

Credit: (2+2) Theory: 02; Practicum: 02

Contact Hours: 64 (T) + 64 L)

Unit -1: Self-Care

- The need for self-Care
- Vicarious Traumatization, Burnout and Compassion Fatigue
- Organizational Practices
- Postaction staff support (PASS)
- Basic Self-Care Behavioural Elements
- Spiritual/Religious Self-Care and other Self-Care Strategies

Unit – 2: DEVELOPING A PLAN

- Preactivation/Deployment
- During Field Service
- After Field Service
- SUMMARY

Tutorials

- 1) Project work
- 2) Implementation of RAPID MODEL

References

1. Adams, R. E., Boscarino, J. A., & Figley, C. R. (2006). Compassion fatigue and psychological distress among social workers: A validation study. *American Journal of Orthopsychiatry*, 76, 103–108. <http://dx.doi.org/10.1037/0002-9432.76.1.103>.
2. Carter, L. A., & Barnett, J. E. (2014). *Self-care for clinicians in training: A guide to psychological wellness for graduate students in training*. New York, NY: Oxford University Press.
3. GS Everly Jr, JM Lating – (2022), *The Johns Hopkins guide to psychological first aid*
4. Kliman, A. S. (1986). *Crisis: Psychological first aid for recovery and growth*. Jason Aronson.
5. Harrison, R. L., & Westwood, M. J. (2009). Preventing vicarious traumatization of mental health therapists: Identifying protective practices. *Psychotherapy Theory, Research, Practice, Training*, 46, 203–219. <http://dx.doi.org/10.1037/a0016081>.
6. World Health Organization, War Trauma Foundation and World Vision International (2011). *Psychological First Aid: Guide for field workers*. WHO: Geneva. http://whqlibdoc.who.int/publications/2011/9789241548205_eng.pdf

Course Learning Objectives

- Understanding the need for self-care
- Understanding organizational Practices
- Understanding the concept of Developing a Plan during and after field Service

MULTIDISCIPLINARY COURSE

Subject: PSYCHOLOGY

Title: INTRODUCING PSYCHOLOGY

CREDIT: 03

Code: PSY022I

CONTACT HOURS: 48

Objectives: *To acquaint the students with basic principles of psychology and their use in human life.*

Learning Outcomes:

1. *New research in Psychological Science.*
1. *Differentiate psychological processes.*
2. *Find the solutions to day to day problems using psychological knowledge.*

Unit 1:

16 Contact Hours

- A. Psychology as a Modern-Day Science.
- B. Origin and Development of Psychology.
- C. Perspectives (Cognitive, Biological, Behavioural, Psychoanalytic, Humanistic & Socio-Cultural).

Unit 2:

16 Contact Hours

- A. Perception: Nature of Perception, Laws of Perceptual Organization.
- B. Learning: Conditioning (Classical & Operant), Observational Learning.
- C. Memory-Processes: Information Processing Model, Techniques for Improving Memory.

Unit 3:

16 Contact Hours

- A. Motivation and Emotion: Motives: Biogenic and Psychogenic, Emotions: Aspects of Emotions, Key Emotions (Paul Ekman's Model).
- B. Intelligence: Nature & Theories (Gardner's Multiple Intelligences and Sternberg's Tri-archic Theory).
- C. Personality: Nature and Theories (Freud's Psychoanalytic & Allport's Trait Theory).

Readings:

1. Weitan, W. (2020) Psychology Themes and Variations (10 Edition). Cengage India.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K & Meyer, G.E (2008). Psychology (South Asian Edition). New Delhi: Pearson
4. Wani, N. A. (2019). Introduction to Psychology. Wisdom Press New Delhi.
5. Feldman. S. R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. Glassman, W. E. (2000). Approaches to Psychology (3rd Ed.) Buckingham: Open University Press.