

KURUKSHETRA UNIVERSITY KURUKSHETRA
(Established by the State Legislature Act XII of 1956)
(A⁺⁺ Grade, NAAC Accredited)
Undergraduate Programs (Psychology) Syllabus, Semester – IV

Session: 2025-26			
Part A - Introduction			
Subject	Psychology		
Semester	4th		
Name of the Course	Life Skills and its Application		
Course Code	B25-VOC-242		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/V A C)	VOC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to 1. Understand the concept and importance of life skills. 2. Apply Interpersonal Life Skills for Self-Management. 3. Develop interpersonal and positive psychological skills. 4. Strengthen Thinking and Decision-Making Abilities.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	
Part B- Contents of the course			

Instructions for Paper- Setter: The question paper will consist of NINE questions out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.

Unit	Topics	Contact Hours
I	Life Skills: Concept and importance of Life Skills Need for Life Skills in Present Scenario. Core Life Skills of World Health Organization.	11
II	Emotional intelligence: Nature, Components and Role of Emotional Intelligence in Shaping Life. Theories of Emotional Intelligence: Trait Theory and Ability Theory. Difference between Emotional and Intelligence Quotient Goal-setting and Time Management	11
III	Communication skills: Verbal and Non-Verbal Conflict resolution, negotiation skills Happiness and Wellbeing: Hedonic and Eudaimonic, PERMA Model of Happiness.	11
IV	Decision Making: Nature , Process of Decision Making, & Significance of Decision Making Thinking: Problem Solving- Nature, Stages and Problem Solving Cycle. Resilience: Nature, types, Factors Promoting Resilience	12
	Practical Note: Students will perform at least five practical. The examiner will allot one practical at the time of the end-term examination for evaluation. 1. Problem-Solving inventory 2. Resilience Scale/test 3. Mental Health Inventory 4. Emotional Intelligence Scale 5. Stress Scale 6. Aggression Questionnaire 7. Coping Inventory	30

Suggested Evaluation Methods	
Internal Assessment: ➤ Theory (20 Marks) ● Class Participation: 05 Marks ● Seminar/presentation/assignment/quiz/class test etc.: 05 Marks ● Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) ● Class Participation: Nil ● Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks ● Mid-Term Exam: Nil ●	End Term Examination: 50 Marks 20 Marks
Part C- Learning Resources	
Recommended Books/e-resources/LMS: 1. World Health Organization (WHO). (1997). Life Skills Education for Children and Adolescents in Schools (Programme on Mental Health). Geneva: World Health Organization. 2. Goleman, D. (1995). Emotional Intelligence: Why It Can Matter More Than IQ. New York: Bantam Books. 3. Maxwell, J. C. (2018). Developing the Leader Within You 2.0. Nashville, TN: HarperCollins Leadership. 4. Covey, S. R. (2004). The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change. New York, NY: Free Press. 5. Luthans, F., Youssef, C. M., & Avolio, B. J. (2007). Psychological Capital: Developing the Human Competitive Edge. New York, NY: Oxford University Press. 6. Sharma, N. (2013). Life Skills and Mental Health. New Delhi: National Book Trust, India.	

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Undergraduate Programs (Psychology) Syllabus, Semester – V

Session: 2025-26			
Part A - Introduction			
Subject	Psychology		
Semester	5th		
Name of the Course	Promoting Mental Health		
Course Code	B25-VOC-145		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/V A C)	VOC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent -		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to 1. Learn to prevent mental health issues. 2. Understand the Concept of Mental Health 3. Recognize and understand psychological disorders in children 4. Promote adolescent mental health. 5. Support individuals with intellectual disabilities		
Credits	Theory	Practical	Tot al
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	
Part B- Contents of the Course			

Instructions for Paper Setter: The question paper will consist of NINE questions, out of which the candidate will be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over the entire syllabus. The remaining EIGHT questions will be set, taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to the compulsory question.

Unit	Topics	Contact Hours
I	Mental Health: Concept of Mental Health And Mental Health Problems. Characteristics of A Mentally Healthy Person, Factors Affecting Mental Health: Biological, Psychological And Socio-Cultural.	11
II	Psychological Disorders: Intellectual Disabilities-Meaning, Causes And Levels Of Intellectual Disabilities. Learning Disabilities: Dyslexia, Dyscalculia, Dyspraxia, Dysgraphia	11
III	Mental Health Problems: Anxiety Disorders: Symptoms and Causes of Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Phobia Suicide : Nature, Causes, Treatment and Prevention	11
IV	Mental Health Promotion: Yoga, Meditation, Anger Management. Coping strategies of stress management- Task oriented, Emotion oriented and escape oriented. Psychotherapy: Meaning, Goals of Psychotherapy.	12
	Practical Note: Students will perform at least five practical. The examiner will allot one practical at the time of the end-term examination for evaluation. 1. Problem-Solving inventory 2. Intelligence Test 3. Youth problem Inventory 4. Emotional Intelligence Scale 5. Anxiety Test 6. Body Image questionnaire 7. Learning Style Inventory	30
Suggested Evaluation Methods		

Internal Assessment: ➤ Theory (20 Marks) ● Class Participation: 05 Marks ● Seminar/presentation/assignment/quiz/class test, etc.: 05 Marks ● Midterm Exam: 10 Marks ➤ Practical (10 Marks) ● Class Participation: Nil ● Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks ● Mid-Term Exam: Nil ●	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: 1. Sadock, B. J., & Sadock, V. A. (2014). Kaplan & Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry (11th ed.). Philadelphia, PA: Wolters Kluwer. 2. Adelman, H. S., & Taylor, L. (2006). Mental Health in Schools: Promoting Student Success and Reducing Mental Health Risk. Thousand Oaks, CA: Corwin Press. 3. Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). Abnormal Psychology (17th ed.). Boston, MA: Pearson. 4. Barlow, D. H. (Ed.). (2014). The Oxford Handbook of Clinical Psychology (2nd ed.). New York, NY: Oxford University Press. 5. Malvika Kapur (2011) Counselling Children with Psychological Problems, Pearson Education India 6. Singh ,A.K.(2004))Modern Abnormal Psychology(4th ed.). Motilal Banaridass Publishers.ISBN 978-81-208-2223-8.	

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Undergraduate Programs (Psychology) Syllabus, Semester – VI

Session: 2025-26			
Part A - Introduction			
Subject	Psychology		
Semester	6th		
Name of the Course	Skills and Techniques in Guidance and Counselling		
Course Code	B25-VOC-344		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/V A C)	VOC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	10+2 or equivalent -		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to 1. Learn the guidance and counselling skills 2. Understand the basic concepts of guidance and counseling. 3. Learn to deal with special populations like hyperactive, intellectually disabled, underachievers, etc. 4. Cultivate empathy, ethical responsibility, and effective interpersonal communication. 5. Apply theoretical knowledge to practical educational settings.		
Credits	Theory	Practical	Total
	3	1	4
Contact Hours	3 Per week	2 per week/ Per group	5 per week / per group
Max. Marks: 100 Internal Assessment Marks: 30 End Term Exam Marks: 70		Time: 3 Hours (Each theory & practical)	

Part B- Contents of the Course		
Instructions for Paper- Setter: The question paper will consist of NINE questions, out of which the candidate would be required to attempt FIVE questions. The first question will be compulsory and will have 5 short answer questions uniformly spread over the entire syllabus. The remaining EIGHT questions will be set taking TWO questions from each of the four units. Each question will carry 10 marks. The candidate would be required to attempt ONE question from each unit in addition to compulsory question.		
Unit	Topics	Contact Hours
I	Unit 1: Nature, Principles, Goal and Scope of Guidance, Difference between Guidance and counselling organization of a guidance program.	11
II	Unit 2: Types of Guidance: Vocational, Educational, Personal and Family Guidance. Skills of Guidance Personnel	11
III	Unit 3: Counselling: Nature, Goals and Principles. Process of Counselling. Characteristics of a Good Counsellor	11
IV	Unit 4: Role of Assessment in Counselling Approaches : Directive, Non-directive and Eclectic Techniques: Roger's Client Centered, Behavioural Therapy	12
	Practical Note: Students will perform at least five practicals. The examiner will allot one practical at the time of the end-term examination for evaluation. 1. Counselling Need inventory 2. Guidance Need inventory 3. Span of attention 4. Personality Test 5. Interest /Aptitude Test 6. Verbal test of Intelligence 7. Non-Verbal test of Intelligence	30
Suggested Evaluation Methods		

Internal Assessment: ➤ Theory (20 Marks) ● Class Participation: 05 Marks ● Seminar/presentation/assignment/quiz/class test etc.: 05 Marks ● Mid-Term Exam: 10 Marks ➤ Practical (10 Marks) ● Class Participation: Nil ● Seminar/Demonstration/Viva-voce/Lab records etc.: 10 Marks ● Mid-Term Exam: Nil ●	End Term Examination: 50 Marks 20 Marks
Part C-Learning Resources	
Recommended Books/e-resources/LMS: 1. Jones, A. J. (1970). Principles of Guidance. New York: McGraw-Hill. 2. Gupta, M. (2009). Guidance and Counselling: A Theoretical Approach. New Delhi: Authorspress. 3. Aggarwal, J. C. (2017). Educational and Vocational Guidance and Counselling. New Delhi: Doaba House. 4. Bhatnagar, A., & Gupta, N. (Eds.). (1999). Guidance and Counselling: A Theoretical Perspective (Vol. I & II). New Delhi: National Council of Educational Research and Training (NCERT).	