



**Darrang College
(Autonomous),
Tezpur-784001**

**Syllabus for
FYUGP
Psychology
(SEC)**

Approved by :

Board of Studies meeting held on 02nd August, 2025

&

Academic Council vide Resolution no. 04, dated- 12/08/2025

**Syllabus FYUGP Department of Psychology
Darrang College (Autonomous)**

Aims of the course in FYUGP is to

- Provide students with a comprehensive understanding of the field.
- Encompassing basic concepts, research methodologies, and ethical considerations.
- Fostering critical thinking, self-directed learning, and practical application of psychological principles.
- To equip students with the knowledge and skills necessary for further academic pursuits or careers in various psychology-related fields.

Program Outcome:

- Describe theoretical constructs in the discipline of Psychology including recent advances.
- Administer psychological tests on individuals and in social settings ,as and when required to render services to humankind and society at large.
- Learn the skills of Counselling and Psychotherapy following appropriate ethics for positive mental health in society.
- Produce scientific research output to cultivate happier, healthier and more sustainable society.

Teaching learning process: The teaching learning process encourages active and experiential learning through innovative pedagogies such as blended learning, project-based assignments, and the integration of digital tools. Emphasis is laid on skill development,

research, internships, and value-based education, aiming to nurture critical thinking, creativity, and lifelong learning among students.

Teaching Learning tools: A variety of innovative teaching-learning tools are encouraged to enhance student engagement and promote holistic learning. These include experiential learning, project-based learning, ICT-enabled tools, and blended learning methods. Teachers will use Learning Management Systems (LMS), online platforms (like SWAYAM, DIKSHA, and MOOCs), along with interactive classroom strategies such as group discussions, role plays, and flipped classrooms. Skill-based assignments, internships, and fieldwork are integrated into the curriculum to ensure real-world application of knowledge. Additionally, formative assessment methods, peer learning, and portfolio development are used to track and support student progress throughout the programme.

Evaluation/ Assessment: Descriptive and Objective written exam, followed by practical Covering all the Units.

1ST SEMESTER SEC	
Title of the course	Stress Management (SEC)
Course code	PSY-SEC-01013
Total Credit (theory +practical)	2+1= 3
Contact hours	45
Distribution of Marks	xxxxx
Course outcomes	Students will learn how they can make adjustment and manage to cope with stress more effectively.

1ST SEMESTER SEC (Stress Management)					
Unit	Title	Content	Lecture	Tutorial	Total hours
1	Stress and Health.	Introduction, Nature, Symptoms, and sources of Stress Environmental, Social, Physiological and psychological, Effect of stress on health, Eustress.	13	2	15
2	Managing Stress	Methods of yoga, Meditation, relaxation techniques, Problem focused and emotion focused approaches	13	2	15
3	Practical	Students have to carry out any practicum based on the syllabus or any related topic. e.g- Meditation, Relaxation techniques etc.	13	2	15

Total Contact Hours: 45

Readings:

Carr,A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.

DiMatteo,M.R. & Martin, L.R. (2002). Health Psychology New Delhi :Pearson, W.& Lloyd,

M.A(2007) Psychology applied to modern life. Thomas Detmar Learning.

Sarafina, EP (209;Health Psychology; Bio psychological interaction 9th Ed). NY:Wiley.

2ND SEMESTER SEC	
Title of the course	Emotional Intelligence
Course code	PSY-SEC-02013
Total Credit (theory +practical)	2+1
Contact hours	45
Distribution of Marks	xxxxxx
Course outcomes	1. To understand the theoretical concept of emotional intelligence and its various models. 2. To foster the ability to identify and manage one's own emotions, as well as the emotions of others. 3. To understand the application of emotional intelligence in myriad settings, such as the workplace, relationships, Academics.

2ND SEMESTER SEC (EMOTIONAL INTELLIGENCE)					
Unit	Title	Content	Lecture	Tutorial	Total hours
1	Introduction	Emotional Intelligence; Models of emotional Intelligence; EQ Competencies; Self awareness; Self management; Empathy and interpersonal Skills: Importance of Emotional Intelligence, Knowing own and others emotions, Levels of emotional awareness.	13	2	15
2	Managing Emotions	Managing Emotions ; The relationship between emotions, thought and behaviour , Techniques to manage emotions , Application of Emotional Intelligence ; workplace , Relationships and Academics.	13	2	15
3	Practical	Students have to carry out any practicum based on the syllabus or any related topic.	13	2	15

Total Contact Hours: 45

Reading list:

- Bar- On, R., & Parker , J.D.A (Eds) (200) The handbook of emotional intelligence . San Francisco, California: Jossey Bros.
- Goleman, D. (1995) Emotional Intelligence . New York: Bantam Books.
- Singh, D.(2003) Emotional intelligence at work(2 nd ed.) New Delhi: Response Books.