

Department of Psychology
B. A. Psychology (Academic Year 2025-2026)

Programme Outcomes (PO's)

After successfully completing B. A. Programme students will be able to:

PO 1: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO 2: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO 3: Understand the issues of environmental contexts and sustainable development.

PO 4: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

Programme Specific Outcomes (PSO's)

After successfully completing B. A. Psychology Programme students will be able to:

PSO 1: Apply their knowledge of psychology to effectively solve problems and address issues related to human behaviour.

PSO 2: Apply psychological principles, theories and research results to a wide range of personal, social, cultural and organizational situations and problems.

PSO 3: Understand the importance of adhering to ethical principles, respecting diversity and accepting their own personal and professional limitations. They will use their knowledge of ethics to analyze situations in a thoughtful, deliberate manner.

PSO 4: Demonstrate an awareness of and respect for socio-cultural diversity on a local and global level.

Course Outcomes (CO's)

Course 1 DSC I: Psychology for Friendship and Love

After successfully completing this course students will be able to:

CO 1: Understand Relationship Development and Explore Friendship.

CO 2: Study Theories of Romantic Love and Explore Marriage and Family Dynamics.

Course 2 SEC I: Interpersonal Skills

After successfully completing this course students will be able to:

CO 3: Demonstrate active listening skills and respond appropriately to others' messages.

CO 4: Apply interpersonal skills in professional contexts such as interviews, and presentations.

Course 3 OE I: Psychological First Aid

After successfully completing this course students will be able to:

CO 5: Understand the physical, mental, emotional and social crises.

CO 6: Help the needy to handle their crises through PFA.

Course 4 DSC II: Health Psychology

After successfully completing this course students will be able to:

CO 7: Students will understand the concept and state of health.

CO 8: Student will understand the need and challenges before health psychology.

CO 9: Helpful in developing health habits and promote health behavior among students.

Course 5 SEC II: Emotional Intelligence Skills

After successfully completing this course students will be able to:

CO 10: Comprehend the psychological and physiological aspects of emotions.

CO 11: Identify their own emotions accurately and learn techniques to manage and regulate their own emotions.

CO 12: Develop personalized strategies to enhance their emotional intelligence skills, setting goals for continuous growth.

Course 6 OE II: Build Good and Break Bad Habits

After successfully completing this course students will be able to:

- CO 13:** Identify and analyze keystone habits in personal and professional contexts.
- CO 14:** Understand the personalized habit-stacking plans for specific behavioral changes.
- CO 15:** Engage in reflective practices to assess personal growth and development.

Course 7 MM III: Understanding Psychology

After successfully completing this course students will be able to:

- CO 16:** Students will understand and explain the foundational concepts, perspectives, and research methods of psychology, along with its evolution and future directions.
- CO 17:** Students will evaluate and apply key theories and methods of personality assessment to understand the dynamics and traits that shape individual personalities.
- CO 18:** Students will examine and assess the concepts, theories, and methods of intelligence assessment, focusing on intellectual diversity and its implications.

Course 8 MM IV: Developmental Psychology

After successfully completing this course students will be able to:

- CO 19:** Students will understand and explain the definition, characteristics, and stages of lifespan development.
- CO 20:** Students will identify and describe the biological, psychological emotional and intellectual processes in development.
- CO 21:** Students will examine and assess career, health, and personality development in adulthood.

Course 9 MN I: Personal Psychology

After successfully completing this course students will be able to:

- CO 22:** Students will understand and explain the foundational concepts of psychology and subfields of psychology.
- CO 23:** Students will evaluate and apply workplace skills for the 21st century.

Course 10 VSC I: Psychological Assessment Skills

After successfully completing this course students will be able to:

CO 24: Understand the principles and types of psychological tests.

CO 25: Administer and score individual and group psychological assessments.

Course 11 SEC III: Stress Management Skills

After successfully completing this course students will be able to:

CO 26: Analyse the impact of stress on adolescents and college students, including social, academic, and financial factors.

CO 27: Evaluate personal stress management techniques and apply cognitive restructuring strategies to challenge negative thinking.

Course 12 OE III: Human Development

After successfully completing this course students will be able to:

CO 28: Understand Human Development.

CO 29: Familiar with physical changes, sexuality and friendship in adolescence.

Course 13 IKS: Indian Knowledge in Indian Psychology

After successfully completing this course students will be able to:

CO 30: Students will explore and understand the philosophical and psychological foundations of Indian knowledge systems.

CO 31: Students will assess and apply insights from Indian knowledge systems to contemporary psychological thought and practice.

Course 14 MM V: Counselling Psychology

After successfully completing this course students will be able to:

CO 32: Explain the fundamentals of counseling, including its definitions, current trends, and professional aspects like certification and licensing.

CO 33: Evaluate career counseling theories and implement strategies to address the needs of diverse populations.

CO 34: Design and adapt school counseling programs for various educational levels using the ASCA model and prevention strategies.

Course 15 MM VI: Applied Psychology

After successfully completing this course students will be able to:

- CO 35:** Students will understand and explain the basic concepts of the Psychology of Adjustment.
- CO 36:** Students will explore and reflect on the physical, social, and personal self, including self-concept, self-esteem, and identity.
- CO 37:** Students will identify and examine the concepts of prejudice, discrimination, persuasion, social pressure, and altruism.

Course 16 MN II: Psychological Foundation of Human Development in Adolescence

After successfully completing this course students will be able to:

- CO 38:** Explain physical, cognitive, and emotional changes during adolescence and early adulthood.
- CO 39:** Analyse adolescent problems and suggest appropriate intervention strategies.

Course 17 VSC II: Counselling Skills

After successfully completing this course students will be able to:

- CO 40:** Students will understand and explain the concept of counselling, including its meaning, nature, and objectives.
- CO 41:** Students will develop and demonstrate essential counselling skills through Practice.

Course 18 SEC IV: Communication & Interview Skills

After successfully completing this course students will be able to:

- CO 42:** Students will understand and explain the nature and importance of communication in various contexts.
- CO 43:** Students will develop and demonstrate effective interview skills through practice and application.

Course 19 OE IV: Psychology for Happiness & Well-being

After successfully completing this course students will be able to:

- CO 44:** Understand the fundamental concepts of happiness and well-being.
- CO 45:** Develop and implement strategies to enhance happiness and well-being.

Course 20: Cognitive Psychology

After successfully completing this course students will be able to:

CO 46: Aware the approaches to Human Cognition, Visual Perception and Attention.

CO 47: Grasp the processes of Memory, Emotions and Consciousness.

Course 21: Cross-Cultural Psychology

After successfully completing this course students will be able to:

CO 48: Get knowledge the field of Cross-cultural Psychology and Key Concepts.

CO 49: Understand the concepts of Ethics, Emics, Ethnocentrism and Indigenous Psychology, Culture and Intelligence, Prejudice and Parental Practices, Culture and Abnormality.

Course 22: Psychopathology

After successfully completing this course students will be able to:

CO 50: Familiar with the field of Psychopathology and Perspectives of Psychopathology.

CO 51: Understand the nature of Anxiety disorder, OCD, Mood Disorder and Suicide.

Course 23: Current Trends in Psychology

After successfully completing this course students will be able to:

CO 52: Aware with the emerging new trends in Psychology.

CO 53: Grasp and learn more about Health, Criminal and Cyber Psychology.

Course 24: Practical (Experiments)

After successfully completing this course students will be able to:

CO 54: Familiar with Psychological Experiments and some Statistical methods.

CO 55: Learn the skills for conducting experiments and writing their reports.

Course 25: Psychological Testing

After successfully completing this course students will be able to:

CO 56: Comprehend the field of Psychological Testing in general.

CO 57: Know the nature and uses of Intelligence, Achievement and Personality tests.

Course 26: Counselling Psychology

After successfully completing this course students will be able to:

CO 58: Get knowledge of the field of Counselling Psychology.

CO 59: Apply the skills in the field of Career, School and College counselling.

Course 27: Developmental Psychology

After successfully completing this course students will be able to:

CO 60: Aware with the field of Lifespan Developmental.

CO 61: Understand the nature and processes in the Infancy, Childhood, Adolescence and Adulthood period.

Course 28: Psychology of Organizational Behaviour

After successfully completing this course students will be able to:

CO 62: Familiar with the field of Organizational Behaviour.

CO 63: Comprehend the nature and importance of Personality, Job satisfaction, Leadership, Group Behaviour and Organizational Change.

Course 29: Practical (Psychological Tests)

After successfully completing this course students will be able to:

CO 64: Get Knowledge of the Psychological tests and some statistical methods.

CO 65: Learn the skills for administering Psychological Tests and writing their reports.