



Gyanmanjari
Innovative University

Syllabus
Gyanmanjari Institute of Arts
Semester-I(B.A)

Subject: General Psychology - BAT2PY11301

Type of Course: Major (Core)

Prerequisite: Students must have a basic understanding of Psychology.

Rationale: The course introduces foundational concepts from semantics, pragmatics, and discourse analysis, preparing students for advanced study in linguistics and literary theory.

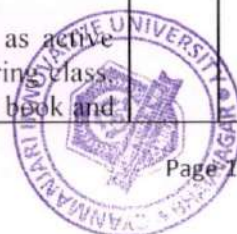
Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks		Total Marks
CI	T	P	C	SEE	CCE	
4	0	0	4	100	100	200

Legends: CI-Class Room Instructions; T – Tutorial; P - Practical; C – Credit; SEE - Semester End Evaluation; LWA - Lab Work Assessment; V – Viva voce; CCE-Continuous and Comprehensive Evaluation; ALA- Active Learning Activities.

Course Content:

Sr. No	Course Content	Hrs.	% Weightage
1	Theory Topics Introduction to Psychology • Definition of Psychology • Nature of Psychology • Goals of Psychology • Fields of Psychology • Utility of Psychology Practical 1: Application of Study Skills Techniques Students will apply psychological learning techniques such as active recall and spaced repetition on a selected academic topic during class. They will write down recalled content without referring to the book and	06 T 06 P	20



	compare it with the original material. The activity aims to enhance memory, retention, and effective learning strategies Practical 2: Stress Management and Relaxation Exercise Students will perform guided deep breathing and basic mindfulness exercises in the classroom for 10–15 minutes. They will assess and record their stress level before and after the activity using a simple rating scale. This practical helps students understand techniques for managing stress and improving mental well-being. Practical 3: Communication and Active Listening Activity Students will work in pairs where one student speaks on a given topic and the other listens attentively without interruption. The listener will then summarize the speaker's points. This activity develops active listening, empathy, and effective communication skills. Practical 4: Motivation and Performance Task Students will be divided into groups and assigned a simple academic task. One group will be given an incentive (reward/recognition), while the other will not. Performance outcomes will be compared to understand the role of motivation in enhancing productivity and task performance. Examination Style: <table border="1"> <thead> <tr> <th>Sr. No</th><th>Evaluation Methods</th><th>SEE</th><th>CCE</th></tr> </thead> <tbody> <tr> <td>1</td><td> ALA 1: Psychology and Other Sciences Comparison Students will compare psychology with other disciplines such as sociology or biology, highlighting similarities and differences in approach and focus. Students will prepare a Short Report and Upload it on GMIU Web Portal. </td><td>-</td><td>10</td></tr> <tr> <td>2</td><td> ALA 2: Fields of Psychology Exploration Students will select different fields of psychology and explain their functions along with real-life applications to understand their relevance in various domains. Prepare a PPT of the same and Upload on GMIU Web portal </td><td>-</td><td>10</td></tr> <tr> <td>3</td><td> WSQ (Watch–Summarize–Question): Students will watch a short video or lecture related to psychological concepts, summarize the key points in their own words, and frame logical questions based on their understanding </td><td>20</td><td>-</td></tr> </tbody> </table>	Sr. No	Evaluation Methods	SEE	CCE	1	ALA 1: Psychology and Other Sciences Comparison Students will compare psychology with other disciplines such as sociology or biology, highlighting similarities and differences in approach and focus. Students will prepare a Short Report and Upload it on GMIU Web Portal.	-	10	2	ALA 2: Fields of Psychology Exploration Students will select different fields of psychology and explain their functions along with real-life applications to understand their relevance in various domains. Prepare a PPT of the same and Upload on GMIU Web portal	-	10	3	WSQ (Watch–Summarize–Question): Students will watch a short video or lecture related to psychological concepts, summarize the key points in their own words, and frame logical questions based on their understanding	20	-		
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	with real-life examples. Viva will be Conducted based on Findings.		
	Total	20	20

2	Theory Topics Methods in Psychology • Introspection Method • Observation Method • Experimental Method • Case Study Method Practical 1: Introspection on Emotional Response Students will recall a recent emotional experience (e.g., Happiness, anger, fear) and write down their thoughts, physical reactions, and feelings during that moment. This helps in understanding internal emotional processes through introspection.	06 T 06 P	20								
	Practical 2: Observation of Verbal & Non-Verbal Behavior Students will observe the behavior of individuals or groups in the classroom (e.g., during discussion or activity) and record their observations objectively without personal bias. This helps students understand how behavior is studied scientifically.										
	Practical 3: Experimental Method - Effect of Music on Concentration Students will perform a task with and without music and compare performance levels. This demonstrates how external variables affect behavior.										
	Practical 4: Case Study Method Students will analyze a given case (real or hypothetical), identify key behavioral or psychological issues, and suggest possible explanations or solutions. This helps students understand in-depth study of individual behavior.										
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		basic therapeutic approaches. Students will prepare a Report and upload it on the GMIU Web Portal.				
	2	ALA 4: Naturalistic Observation Students will observe behaviour in places like the canteen/playground and prepare a report of findings. This helps in understanding real-life behaviour patterns. Upload it on the GMIU Web Portal.	-	10		
	3	Presentation : The evaluator will assign an on-the-spot topic related to Introspection, Observation, Experimental, or Case Study Method. Students must prepare a PPT using AI tools and present it with real-life examples. After the presentation, the evaluator will ask short viva questions to test conceptual clarity and understanding.	20	-		
		Total	20	20		
3	Theory Topics Perception • Definition of Perception • Perceptual Organization • Determinants of Perception • Error in Perception Practical 1: Perception Identification Task Students will define perception in their own words and provide real-life examples of how perception influences daily decisions. This helps them understand the concept of perception clearly. Practical 2: Gestalt Principles Activity (Perceptual Organization) Students will observe images or patterns and identify principles like similarity, proximity, and closure. This helps them understand how the brain organizes visual information.				06 T 06 P	20



Practical 3: Optical Illusion Analysis (Error in Perception) Students will analyze optical illusions and explain why perception errors occur. This helps them understand limitations of human perception.			
Practical 4: Perception vs Reality Activity Students will compare what they perceive in a situation versus actual facts and prepare a short explanation. This helps them differentiate between perception and reality.			
Examination Style:			
Sr. No	Evaluation Methods	SEE	CCE
1	ALA 5: Perception in Advertising Students will analyze advertisements and explain how perception is used to influence consumers. Students will prepare PPT/Report and Upload it on GMIU Web Portal.	-	10
2	ALA 6: Audio & Color Perception Study Students will conduct an activity combining audio and color stimuli to analyze how different sounds and colors influence perception and mood. They will observe reactions (their own or classmates') to various audio clips (e.g., calm music, loud noise) along with different colors (e.g., warm vs cool colors) and prepare a report explaining how sensory inputs affect perception and behavior. Upload it on GMIU Web Portal.	-	10
3	Innovation & Idea Presentation Exam Students will be given a theme (e.g., "Improving Perception in Communication"). They must present an innovative idea and explain challenges, solutions, and expected outcomes. This evaluates creativity, problem-solving, and innovation skills. After presentation, evaluator will ask short viva questions to test conceptual clarity and understanding.	20	-
	Total		20

4	Theory Topics Learning • Definition of Learning • Nature of Learning • Effective Factors of Learning • Methods of Effective Learning Practical: Practical 1: Study Technique Comparison Students will compare two study methods (e.g., reading vs. writing notes) and explain which is more effective. This helps in selecting better learning methods. Practical 2: Learning Experience Sharing Students will describe a situation where they learned something new and explain how the learning occurred. This helps in understanding the nature of learning. Practical 3: Factors Affecting Learning Analysis Students will list and explain factors like motivation, environment, practice, and intelligence with real-life examples. This helps them understand effective factors of learning. Practical 4: Effective Learning Methods Demonstration Students will demonstrate methods like repetition, practice, or group discussion in class and explain their effectiveness. This helps in understanding learning methods. Examination Style: <table border="1"> <thead> <tr> <th>Sr. No</th><th>Evaluation Methods</th><th>SEE</th><th>CCE</th></tr> </thead> <tbody> <tr> <td>1</td><td>Digital Learning Tool Review Students will review any online learning tool/app and explain how it helps in effective learning.</td><td>-</td><td>10</td></tr> <tr> <td>2</td><td>ALA 7: Nature of Learning Mind Map Students will prepare a mind map showing characteristics of learning such as continuous process, behavior change, and goal-oriented nature. Some Photos Upload it on GMIU Web Portal.</td><td>-</td><td>10</td></tr> <tr> <td>3</td><td>ICT-Based Learning Method Demonstration: Students will use ICT tools (e.g., PPT, videos, educational apps, digital whiteboard) to demonstrate effective learning methods such as mnemonics and</td><td>20</td><td>-</td></tr> </tbody> </table>	Sr. No	Evaluation Methods	SEE	CCE	1	Digital Learning Tool Review Students will review any online learning tool/app and explain how it helps in effective learning.	-	10	2	ALA 7: Nature of Learning Mind Map Students will prepare a mind map showing characteristics of learning such as continuous process, behavior change, and goal-oriented nature. Some Photos Upload it on GMIU Web Portal.	-	10	3	ICT-Based Learning Method Demonstration: Students will use ICT tools (e.g., PPT, videos, educational apps, digital whiteboard) to demonstrate effective learning methods such as mnemonics and	20	-	06 T 06 P	20
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	repetition in class. They will explain how each method works and its benefits in improving learning. After demonstration, evaluator may ask short viva questions to test conceptual clarity and understanding.			
	Total	20	20	

5	Theory Topics Mental Health • Definition of Mental Health • Characteristics of Mental Health • Damaging Factors of Mental Health • Importance of Mental health Practical 1: Digital Detox Activity Students will reduce screen time for a day and reflect on changes in mood and focus. This helps in understanding the impact of technology. Practical 2: Helping Behavior Activity Students will perform a small act of kindness and reflect on how it affects their mental health. This helps in understanding emotional well-being. Practical 3: Relaxation Technique Demonstration Students will perform and explain techniques like deep breathing or meditation. This helps students understand methods for improving mental health. Practical 4: Mental Health Factors Analysis Students will list and explain factors that damage mental health (e.g., stress, anxiety, peer pressure) with real-life situations. This helps in recognizing negative influences. Examination Style: <table border="1"> <tr> <th>Sr. No</th> <th>Evaluation Methods</th> <th>SEE</th> <th>CCE</th> </tr> <tr> <td>1</td> <td> Awareness Campaign / Workshop Participation Activity Students will participate in activities such as awareness campaigns (e.g., Mental Health Day), seminars, workshops, or related events and obtain a participation certificate. They will prepare a short report describing the activity. </td> <td></td> <td>10</td> </tr> </table>	Sr. No	Evaluation Methods	SEE	CCE	1	Awareness Campaign / Workshop Participation Activity Students will participate in activities such as awareness campaigns (e.g., Mental Health Day), seminars, workshops, or related events and obtain a participation certificate. They will prepare a short report describing the activity.		10	06 T 06 P	20
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		their learning experience, and its relevance to psychological concepts.				
	2	Video/Blog Creation on Mental Health Students will create a short video or blog explaining mental health concepts and their importance.	-	10		
	3	Guided Counseling Practice Students will act as a counselor and provide guidance to an individual facing a mental health issue. This activity evaluates empathy, communication skills, and practical application of psychological concepts.	20	-		
		Total	20	20		

Suggested Specification table: 100

Distribution of Marks (Revised Bloom's Taxonomy)						
Level	Remembrance (R)	Understanding (U)	Application (A)	Analyze (N)	Evaluate (E)	Create (C)
Weightage %	20%	20%	20%	20%	20%	-

Note: This specification table shall be treated as a general guideline for students and teachers. The actual distribution of marks in the question paper may vary slightly from above table.

Course Outcome:

After learning the course, the students should be able to:	
CO1	Understand and explain basic concepts of psychology including definition, nature, goals, and fields of psychology.
CO2	Apply different methods of psychology (introspection, observation, experimental, case study) in real-life situations.
CO3	Analyze concepts of perception including perceptual organization, determinants, and errors in perception.
CO4	Understand and apply principles of learning, including its nature, influencing factors, and effective learning methods.
CO 5	Explain the concept of mental health, identify its characteristics, damaging factors, and importance, and apply strategies for maintaining mental well-being.



Instructional Method:

The course delivery method will depend upon the requirement of content and need of Students.

A minimum of 20–30% of the course content shall be suggested to deliver through Flipped Learning, where students study digital learning resources before the classroom session. Classroom time shall be utilized for discussion, problem-solving, practical applications, and higher-order learning activities.

Students shall be encouraged to use AI-powered learning platforms, simulation software, virtual laboratories, digital libraries, research databases, online certification courses, NPTEL, SWAYAM, MOOCs, and other technology-enabled learning resources to strengthen conceptual understanding and practical competence.

Continuous assessment shall be conducted through Active Learning Assignments (ALAs), quizzes, skill demonstrations, presentations, practical exercises, projects, case studies, innovation activities, peer assessment, reflective learning, and industry-oriented tasks instead of relying primarily on conventional written assignments.

Reference Books:

- [1] Ciccarelli, S., & White, J. N. (2021). Psychology. Harlow: Pearson sixth edition, global edition.
- [2] Baron, R. A., & Misra, G. (2018). Psychology Indian Subcontinent Edition.
- [3] FELDMAN, R. (2019). *Psychology and Your Life with POWER Learning*. McGraw-Hill Higher Education.
- [4] Brown, J. M., & Ferguson, C. J. (2025). Have introductory psychology textbooks gotten better at representing psychological science?. *The Journal of General Psychology*, 1-14. .
- [5] Kamdar, N. H., & others. (2013). General psychology (2nd ed.). Pashv Publishers.

Suggested Guidelines:

SEE	Topic	Part	Criteria	Marks	Description
1	WSQ (Watch–Summarize–Question)	A	Summarization Skills	5	Student clearly summarizes key psychological concepts from the video/lecture in their own words.

		B	Question Framing & Application	5	Student frames logical questions and connects concepts with real-life examples effectively.
2	Presentation (Methods of Psychology)	A	Content & Concept Clarity	5	Student accurately explains the assigned method (Introspection, Observation, Experimental, Case Study) with relevant examples.
		B	Presentation & Communication	5	Student presents confidently using PPT/AI tools and answers viva questions with clarity.
3	Innovation & Idea Presentation Exam	A	Creativity & Innovation	5	Student presents unique and practical idea based on the given theme with originality.
		B	Problem Solving & Explanation	5	Student explains challenges, solutions, and expected outcomes clearly with logical reasoning.
4	ICT-Based Learning Method Demonstration	A	Demonstration & Use of ICT Tools	5	Student effectively uses ICT tools (PPT, video, apps) to demonstrate learning methods like mnemonics and repetition.



		B	Understanding & Explanation	5	Student clearly explains working and benefits of methods and answers viva questions confidently.
5	Peer Counseling Simulation	A	Practical Application & Empathy	5	Student demonstrates counseling skills with empathy and appropriate communication.
		B	Problem Understanding & Guidance	5	Student correctly identifies mental health issue and provides suitable guidance/solutions.

