

Course Code	PSY201			
Course Name	Introduction to Psychology			
Credits	4			
Course Offered to	UG			
Course Description	This course is about how and why people think, feel and behave. Students will learn and apply theories of self, mind, and behavior. This course is an experiential course. Students will learn to think more critically and scientifically about what makes people think, feel, and behave. This course offers students an engaging introduction to the essential topics in psychology. Throughout this study of human behavior and the mind, students will gain insight into the history of the field of psychology, as well as explore current theories and issues in areas such as cognition, motivation, and wellness. The main goals of this course are to acquaint students with different areas contained within psychology, to provide them with some of the major concepts of each area. Basic topics that would be covered would be historical and contemporary psychology, including various perspectives: biological, Psychoanalytic (Freudian), behavioral (Skinner, Pavlov, and other theories), humanistic, Jungian, cognitive, Transactional analysis. Some practical topics like Memory, Personality, cognition, Motivation, mindfulness, Cognitive behavior therapy and basics of positive psychology would also be covered. Students will also learn the concepts of Intelligence. Computational Psychology, Computational Neuroscience and Technological research in interventions would also be explored.			
Pre-requisites				
Pre-requisite (Mandatory)	Pre-requisite (Desirable)	Pre-requisite(other)		
Critical Thinking and Readings in Social Sciences	NA	NA		
Post Conditions				
CO1	CO2	CO3	CO4	CO5
Students are able to explain concepts of General Psychology	Students are able to explain and demonstrate the concepts of cognitive psychology: Cognition, Emotion and Behavior	Students are able to explain the concepts behind Memory, learning and personality	Students are able to critically analyze Western and Indian psychology and practice of mindfulness.	Students are able to explain and theoretically design other concepts of Psychology like therapies, personality, psychoanalysis and computational methods of Psychology
Weekly Lecture Plan				
Week Number	Lecture Topic	COs Met	Assignment/Labs/Tutorial	
Week 1	Introduction to Psychology 1. What is Psychology? 2. Fields in Psychology. Social Psychology, Organizational Behavior, Neuro Science, Cognitive Psychology Etc. 3. History of Psychology as Science moving from Arts 4. Structuralism: Structure of Mind 5. Functionalism: Function of Mind	CO1, CO2	Research Project: prepare a project research paper on an assigned topic of Psychology, where students have to get into the field for actual data collection, do the research work and prepare a project report.: Graded	
Week 2	Biological Psychology 1. Structure of Brain 2. Endocrine system (Hormonal System) 3. Nervous system 4. How Biology Effects Psychology (Cognition, emotions and behavior)	CO3		

Week 3	<ul style="list-style-type: none"> 1. Sigmund Freud 2. Psychoanalytic Theory of Mind Development 3. Conscious Subconscious and Unconscious mind 4. Psychoanalytic theory of Personality 	CO3, CO5	
Week 4	Jungian Psychology <ul style="list-style-type: none"> 1. Carl Jung's theory of Analytical Psychology and Mind 2. Jung's theory of Personality 	CO2, CO3, CO5	
Week 5	Memory and Learning	CO2, CO3, CO5	
Week 6	Behaviorism <ul style="list-style-type: none"> 1. Basis behind Human behavior: Pavlov, Skinner's conditioning theories and various theories behind human behavior 	CO3	Social Interaction Assignment: Graded
Week 7	Emotions and Cognitions <ul style="list-style-type: none"> 1. What are emotions 2. What are cognitions 3. Practical Aspect of how to handle emotions and cognitions using CBT 	CO2, CO5	CBT Assignment: Graded
Week 8	<ul style="list-style-type: none"> 1. Modern theories of Personality 2. Ways to measure personality 3. What is intelligence 4. Intelligence testing 5. Research methods in Personality and Intelligence Testing and research 6. Personality Assessment, scales, instruments and computational programs 	CO3	Personality Assignment : Graded
Week 9	Humanistic Psychology <ul style="list-style-type: none"> 1. Maslow and Carl roger's theories of personality 	CO3, CO5	
Week 10	Psychology of Well being <i>(UGC and American psychological Association suggestions for Foundational courses)</i> <ul style="list-style-type: none"> 1. Positive Psychology 2. Practical aspects like hypnosis of how to achieve wellbeing 3. Theories of Happiness 	CO3, CO5	Journal writing Home work on various on various topics: Non-graded

Week 11	India Psychology and Mindfulness (Adding this only because, UGC has made it mandatory for every foundations course in Psychology have a topic in Indian Psychology)	CO3, CO5	
Week 12	AI and computational Psychology: Basic concepts 1. MRI, fMRI, EEG and other technological modalities to study the Brain, emotions and behavior 2. Computational Psychology: Basic Concepts 3. Computational Neuroscience: Basic concepts and introduction 4. Computational methods of Psychological interventions	CO3, CO5	
Assessment Plan			
Type of Evaluation	% Contribution in Grade		
Projects	20		
Mid-sem exam	25		
Final exam	50		
Assignments	5		
Attendance Bonus	2		
Resource Material			
Type	Title		
Textbook	Robert A Baron and Girishwar Mishra. Psychology (5th Edition). Pearson		
Textbook	Lopez, Shane. J, Snyder, C. R. (2011). Oxford Handbook of Positive Psychology. OUP USA; 2 edition		