NOTIFICATION

No. 58 /2026 Date : 17/04/2026

Subject : Implementation of the syllabus of Semester III & IV of the new Course Bachelor of Counselling & Psychotherapy as per NEP-20 guidelines.

It is notified for general information of all concerned that the authorities of the University have accepted to implement the syllabus of Semester III & IV of the new Course Bachelor of Counselling & Psychotherapy in the Faculty of Humanities as per NEP-20 guidelines to be implemented from the Academic Session 2025-2026 onwards as given below:

Sd/-
(Dr.Avinash Asanare)
Registrar

SYLLABUS PRESCRIBED FOR B.C.A. P - PART II EXAMINATION

Bachelor of Counselling and Psychotherapy (BCAP) SEM 3- NEP

SEMESTER – III

BCAP 31 Paper I. Compulsory English

Total Periods: Theory + Tutorial = 75 **Credit: 4**

Prescribed Textbook: 'Aspirations' by Board of Editors & published by Orient Blackswan * Note -Please Mention the Line –All Syllabus is prescribed excluding The Prose No. 3 The Mother of a traitor by Gorky and Poetry No 3. The Priest of Nature by Amarnath Prasad for Semester III

UNIT-I- PROSE (12 MARKS)

I) The Way to Equal Distribution- M.K Gandhi
II) The Devoted Friend – Oscar Wilde
III) The Mother of a Traitor- Maxim Gorky
IV) Values in Life- Rudyard Kipling

UNIT –II POETRY (12 MARKS)

I) Love's Philosophy- P.B. Shelley
II) God's Grandeur- G.M. Hopkins
III) The Priest of Nature – Amar Nath Prasad
IV) The Toys - Coventry Patmore

UNIT-III- BASICS OF COMMUNICATION SKILLS IN ENGLISH (12 MARKS)

I) Noun
II) Pronoun
III) Verbal & Non-Verbal
IV) Visual

UNIT-IV- BASICS OF COMMUNICATION SKILLS IN ENGLISH (12 MARKS)

I) Tenses
II) Question Tag
III) Change the Voice

UNIT- V - COMMUNICATION SKILLS (12 MARKS)

I) Answering the Telephone and asking for someone.
II) Taking and leaving messages.
III) Asking for Time and Date

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Communication Skills in English (AEC)

BCAP 31 A. Paper II. SKILL ENHANCEMENT MODULE (FOR INTERNAL ASSESSMENT)

- Situational Communication
- Network in Communication
- Characteristics of Effective Communication
- Barriers in Communication

BCAP 32. Paper 3 - Developmental Psychology 1

Unit 1: Introduction to Developmental Psychology
- Developmental Psychology
- Key stages of human development
- Nature vs. Nurture
- Methods of studying development

Unit 2: Prenatal Development and Birth
- Stages of prenatal development
- Factors affecting prenatal development
- The process of birth
- Common birth complications

Unit 3: Infancy and Early Childhood
- Physical growth in infancy
- Cognitive development in early childhood
- Language development
- Emotional development in young children

Unit 4: Cognitive Development in Childhood
- Piaget's stages of development
- Memory development in children
- Language development
- Problem-solving skills

Unit 5: Social and Emotional Development in Childhood
- Attachment and bonding
- Early friendships and play
- Emotional regulation in children
- Social learning in childhood

Reference Books:

1. "The Developing Person Through the LifeSpan" by Kathleen Stassen Berger.
2. "Developmental Psychology: Childhood and Adolescence" by David Shaffer and Katherine Kipp
3. "Child Development" by Laura E. Berk
4. "Development Through Life: A Psychosocial Approach" by Barbara M. Newman & Philip R. Newman
5. "Introduction to Developmental Psychology" by John W. Santrock

BCAP 33 Paper 4 - Abnormal Psychology 1

Unit 1: Introduction to Abnormal Psychology
- Definition and history of abnormal psychology
- Normal vs. abnormal behavior
- Overview of the classification of mental disorders (DSM, ICD)

Unit 2: Models of Abnormality
- The biological model
- The psychological model (cognitive-behavioral, psychodynamic, humanistic)
- The sociocultural model

Unit 3: Anxiety Disorders
- Generalized Anxiety Disorder (GAD)
- Panic Disorder and Agoraphobia
- Specific Phobias

Unit 4: Mood Disorders
- Depression (Major Depressive Disorder)
- Bipolar Disorder
- Causes and treatment of mood disorders

Unit 5: Obsessive-Compulsive and Related Disorders
- Obsessive-Compulsive Disorder (OCD)
- Hoarding Disorder
- Body Dysmorphic Disorder

Reference books:

1. Abnormal Psychology by Ronald J. Comer
- 2019 (10th Edition)
Worth Publishers
2. Abnormal Psychology: An Integrative Approach By David H. Barlow and V. Mark Durand
- 2018 (8th Edition) Cengage Learning
3. Essentials of Abnormal Psychology by David H. Barlow and V. Mark Durand
-2018 (7th Edition) Cengage Learning
4. Psychology of Abnormal Behavior by Susan Krauss Whitbourne -2014 (7th Edition) Cengage Learning
5. Abnormal Psychology: An Overview by James N. Butcher-2016 (15th Edition) Pearson.

BCAP 34 PAPER 5 - PSYCHOLOGICAL MEASUREMENTS 1

Unit 1: Introduction to Psychological Measurements
1. Meaning and Importance of Psychological Measurements
2. Difference Between Psychological and Physical Measurements
3. Uses of Psychological Measurements in Daily Life

Unit 2: Scales of Measurement
1. Nominal, Ordinal, Interval, and Ratio Scales
2. Examples of Each Scale in Psychology
3. Strengths and Weaknesses of Different Scales

Unit 3: Characteristics of a Good Psychological Test
1. Reliability – Meaning and Types
2. Validity – Meaning and Types
3. Standardization of a Test

Unit 4: Types of Psychological Tests
1. Intelligence Tests – Examples and Uses
2. Personality Tests – Examples and Uses
3. Aptitude and Interest Tests

Unit 5: Ethical Issues in Psychological Testing
1. Confidentiality and Informed Consent
2. Misuse of Psychological Tests
3. Ethical Guidelines for Test Administrators

Reference Books

1. "Psychological Testing"– Anne Anastasi & Susana Urbina
2. "Foundations of Psychological Testing"– Leslie A. Miller & Robert L. Lovler
3. "Psychological Testing and Assessment" – A.K. Singh
4. " Essentials of Psychological Measurement"– Arun Kumar.

BCAP 35 PAPER 6: RESEARCH AND STATISTICS IN PSYCHOLOGY 1

Unit 1: Basics of Psychological Research

1. Meaning and Importance of Research
2. Key Concepts: Problem, Hypothesis, and Data
3. Goals of Research: Understanding, Predicting, and Solving
4. Everyday Examples of Research

Unit 2: Methods of Research

1. Observational Method
2. Survey Method
3. Experimental Method
4. Case Study

Unit 3: Sampling

1. Population and Sample
2. Random Sampling: Selecting Fairly
3. Small and Large Groups in Research
4. Importance of Representing Everyone

Unit 4: Data Collection Techniques

1. Collecting Data Through Surveys and Tests
2. Recording Observations
3. Organizing Information Clearly
4. Following Ethical Rules in Research

Unit 5: Basics of Statistics in Research

1. Types of Data: Numbers and Categories
2. Measures of Central Tendency: Mean, Median, and Mode
3. Drawing Simple Graphs: Bar Graphs and Pie Charts
4. Using Numbers to Summarize Information

References Books:

1. Kothari, C. R. (2004). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. New Age International Publishers.
3. Chauhan, S. S. (2011). Psychological Research: Methods and Applications. McGraw-Hill Education.
4. Singh, A. K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhavan.
5. Howitt, D., & Cramer, D. (2017). Research Methods in Psychology: A Handbook (5th ed.). Routledge.

Sem 3- Practical III (Any 4 Psychological tests)

1. Intelligence
2. Personality
3. Memory
4. Attention
5. Motivation
6. Anxiety
7. Depression
8. Stress
9. Self-Esteem
10. Emotional Intelligence
11. Coping Mechanisms
12. Decision-Making.

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SYLLABUS PRESCRIBED FOR B.C.AP. - SEMESTER IV NEP

BCAP 41. SEMESTER – IV COMPULSORY ENGLISH

Total Periods: Theory + Tutorial = 75 **Credit: 4**

Prescribed Text book: Black swan

- Note -Please Mention the Line –All Syllabus is prescribed excluding The Prose No. IV
  The Story of an Hour by Kate Choplin and
  The Poetry No. II Leisure by W H Davis for the Semester IV

UNIT-I- PROSE (12 MARKS)

I) India: What Can it Teach Us? - Max Müller
II) After Twenty Years - O. Henry
III) The Homecoming - Rabindranath Tagore
IV) The Story of an Hour- Kate Chopin

UNIT-II- POETRY (12 MARKS) by Board of Editors & published by Orient

I) Gather Ye Rose Birds While Ye May – Robert Herrick
II) Leisure- W.H. Davies
III) Nature – H. W Longfellow
IV) The Village Song – Sarojini Naidu

UNIT-III- BASICS OF COMMUNICATION SKILLS IN ENGLISH (12 MARKS)

I) Adverb II) Adjective III) Interjection

UNIT- IV BASICS OF COMMUNICATION SKILLS IN ENGLISH (12 MARKS)

I) Change the Voice II) Reported Speech/ Narration

UNIT- V- COMMUNICATION SKILLS (12 MARKS)

I) Giving Personal Information
II) Describing daily routine
III) Talking about Current Activities

BCAP 41. A Communication Skills in English (AEC) SKILL ENHANCEMENT MODULE
(FOR INTERNAL SESSMENT)

i. Expansion of Idea
ii. Interpersonal Skills,
iii. Listening Skills and Emotional Intelligence

ABILITY ENHANCEMENT COURSE [AEC]
COMMUNICATION SKILL IN ENGLISH – II level

Maximum Marks: 30 Time: One Hour

Que. 1 A: Students shall have to answer any 8 out of 12 short answer questions based on Unit I to Unit II. 8 X 2 = 16
Que. 2 Students shall have to answer 4 out of 6 long answer questions based on Unit I to Unit II. 3.5 X 4 = 14

BCAP 42. Paper 3 -Developmental Psychology 2

Unit 1: Adolescence and Puberty
- Physical changes during puberty
- Cognitive changes in adolescence
- Identity development
- Peer relationships

Unit 2: Early and Middle Adulthood
- Physical changes in adulthood
- Cognitive changes in adulthood
- Social relationships in adulthood
- Career and family life

Unit 3: Late Adulthood and Aging
- Theories of aging
- Cognitive changes in old age
- Emotional well-being in older adults
- Social issues in aging

Unit 4: Death, Dying, and Bereavement
- Stages of grief
- Coping with death
- End-of-life issues
- Support for grieving individuals

Unit 5: Contemporary Issues in Development
- Influence of culture on development
- The role of technology in development
- Modern challenges in aging
- Lifespan perspective on development

Reference books:

1. "The Psychology of Human Development" by B. L. Cratty
2. "Handbook of Adolescent Psychology" edited by Richard M. Lerner & Laurence Steinberg
3. "Adult Development and Aging" by John C. Cavanaugh and Fredda Blanchard-Fields
4. “The Social and Emotional Development of Children" by Marc H. Bornstein
5. "The Handbook of the Psychology of Aging" edited by K. Warner Schaie and Sherry L. Willis

BCAP 43. PAPER 4 - ABNORMAL PSYCHOLOGY 2

Unit 1: Schizophrenia and Psychotic Disorders
- Symptoms and types of schizophrenia
- Causes and risk factors of schizophrenia
- Treatment approaches

Unit 2: Personality Disorders
- Overview of personality disorders
- Borderline Personality Disorder
- Antisocial Personality Disorder

Unit 3: Eating Disorders
- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

Unit 4: Trauma-Related and Stress Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Acute Stress Disorder
- Adjustment Disorders

Unit 5: Treatment of Abnormal Behaviour
- Psychotherapy (Cognitive-Behavioural Therapy, Psychodynamic Therapy)
- Medication and pharmacological treatments
- Alternative treatments and approaches (e.g., mindfulness, art therapy)

Reference books:

1. Abnormal Psychology: Clinical Perspectives on Psychological Disorders by Thomas Oltmanns and Robert E. Emery-2013 (8th Edition) Pearson
2. Abnormal Psychology: A Scientist-Practitioner Approachby Benjamin B. Lahey -2017 (7th Edition) McGraw-Hill Education
3. Clinical Psychology: Science, Practice, and Culture by Andrew M. Pomerantz 2013 (4th Edition) Sage Publications
4. The Handbook of Abnormal Psychology by Gregory J. Boyle 2014, Wiley-Blackwell
5. DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th Edition) by American Psychiatric Association 2013, American Psychiatric Association Publishing

BCAP 44. Paper 5 -Psychological Measurements 2

Unit 1: Test Construction
1. Steps in Test Development
2. Writing Good Test Items
3. Pilot Testing and Item Analysis

Unit 2: Reliability and Validity
1. Methods of Checking Reliability (Test-Retest, Split-Half, etc.)
2. Methods of Checking Validity (Content, Construct, Criterion)
3. Factors Affecting Reliability and Validity

Unit 3: Norms and Standardization
1. Norms– Types (Age, Percentile, etc.)
2. Standardization Process of a Test
3. Importance of Norms in Psychological Testing

Unit 4: Application of Psychological Tests
1. Use of Psychological Tests in Schools
2. Use of Psychological Tests in Clinical Settings
3. Use of Psychological Tests in Organizations

Unit 5: Current Trends in Psychological Measurements
1. Use of Technology in Psychological Testing
2. Online and Computer-Based Testing
3. Future of Psychological Measurements.

Reference Books

1. "Measurement and Evaluation in Psychology and Education" – Robert M. Thorndike
2. "Handbook of Psychological Assessment" – Gary Groth - Marnat
3. “Tests, Measurements, and Research Methods in Behavioural Sciences"– A.K. Singh
4. "Psychometrics: Theory and Practice" – N.K. Chadha

BCAP 45.- PAPER 6: RESEARCH AND STATISTICS IN PSYCHOLOGY 2

Unit 1: Descriptive Statistics
1. Summarizing Data: Simple Definitions
2. Measures of Central Tendency: Mean, Median, Mode
3. Measures of Variability: Range and Differences
4. Graphical Representation: Bar Graphs and Line Charts

Unit 2: Understanding Relationships (Correlation)
1. Introduction to Correlation: Positive and Negative
2. Everyday Examples of Correlation
3. Measuring Correlation: Simple Explanation
4. Graphs to Show Relationships

Unit 3: Comparing Groups
1. Basics of Comparing Two Groups
2. Real-Life Examples of Group Differences
3. Introduction to Simple Statistical Tests (t-Test Basics)
4. Fairness in Group Comparisons

Unit 4: Writing Research Reports
1. Steps to Write a Simple Research Report
2. Showing Results Using Tables and Graphs
3. Explaining Findings Clearly
4. Ethical Guidelines for Writing and Sharing Results

Unit 5: Applications of Research and Statistics

1. Research in Understanding Human Behaviour
2. Importance of Research in Counselling and Therapy
3. Everyday Uses of Statistics for Decisions
4. Using Simple Tools for Research and Data.

References Books:

1. Kothari, C. R. (2004). Research Methodology: Methods and Techniques (2nd ed.). New Age International Publishers.
2. Broota, K. D. (1992). Experimental Design in Behavioural Research. New Age International Publishers.
3. Singh, A. K. (2006). Tests, Measurements and Research Methods in Behavioural Sciences. Bharati Bhavan.
4. Howitt, D., & Cramer, D. (2017). Research Methods in Psychology: A Handbook (5th ed.). Routledge.
5. Field, A. P. (2013). Discovering Statistics Using IBM SPSS Statistics (4th ed.). SAGE Publications Ltd.

SEM 4 – PRACTICAL IV (ANY 4 PSYCHOLOGICAL TESTS)

1. Moral Development
2. Attachment Styles
3. Learning Styles
4. Attitudes and Beliefs
5. Prejudice and Stereotyping
6. Leadership Styles
7. Interpersonal Relationships
8. Social Skills
9. Job Satisfaction
10. Academic Achievement
11. Body Image
12. Addiction and Substance Use.

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