

## **PSY MD 1: ORIENTATION TO PSYCHOLOGY**

Semester I

Unit I: Introduction to Psychology: Nature, Scope, and Methods of Psychology Schools of Psychology (Psychoanalytic, Behavioral, Cognitive-Behavioral, Humanistic),

Unit- II: Learning and memory: Classical Conditioning, Instrumental Conditioning, Observational Learning, types of Memory, Forgetting: Causes and curve

Unit- III: concept and definition of personality; Theories of personality (Topographical and structural theory of Freud, Eysenck, and Rogers)

## **PSY MD 2: ORIENTATION TO STRESS AND PSYCHOPATHOLOGY**

Semester- II

Unit-I: Concepts and Types of Stress; Types of Stressors; effect of Stress; GAS Model; Cognitive Appraisal theory (Lazarus)

Unit- II: Stress Management techniques, Yoga, meditation, PMR, and Cognitive restructuring

Unit-III: Introduction to Psychopathology, Overview of DSM V TR, ICD 11, Clinical Picture of Phobia, GAD, OCD, MDD, and Schizophrenia

## **PSY MD 3: ORIENTATION TO PSYCHOLOGY OF INDIVIDUAL DIFFERENCES**

Semester III

Unit I: Concept of Growth and Development, Nature-Nurture Debate, Milestones of Development

Unit II: Concept and definition of intelligence; Theories of intelligence (Spearman, Cattell, Sternberg); Relationship with creativity (Threshold hypothesis).

Unit III: Introduction to Social Psychology: Attitude, Stereotype, Stigma, Aggression and Prosocial Behavior