

Course Descriptions:

"Psychology in Everyday Life" is a multidisciplinary elective course aimed at exploring the practical applications of psychological concepts in daily experiences. Through interactive discussions and practical examples, students will gain insights into how psychological principles shape human behavior, cognition, and emotions.

Course Objectives:

- To equip the students with the necessary knowledge about psychology.
- To create awareness regarding human behavior
- To familiarize students in the field of Psychology

Module 1: Understanding human behaviour:

- 1.1 What is psychology, myths and misconception related to psychology
- 1.2 Methods to study behavior- observation, interview, correlation, and experimental method
- 1.3 Perception-, stimulus and psychological factors. Errors in Perception
- 1.4 States of consciousness, sleep, dreams, drugs, meditation, and hypnosis

Module 2: Mental Processes and Personality

2.1 Learning- Features, Factors affecting learning,

2.2 Memory- types and process, factors affecting memory and forgetting

2.3 Motivation, Emotion- nature, expression and impact

2.4 Personality. Concept. Current perspectives.

Module 3: Social Behaviour

3.1 Attribution, attitudes

3.2 Social cognition

3.3 Prejudice, social influence

3.4 Attraction and Love



Module 4: Psychological issues and Wellbeing

4.1 Normality and abnormality

4.2 Mental health and mental illness, mental health professionals

4.3 Biological, psychological and socio cultural causal factors of abnormality

4.4 Psychology of Wellbeing