

Course Type	Course Code	Name of the Course	L	T	P	Credits
IC	NHSA103	Understanding Human Behaviour	2	1	0	3

Course Objective
The central objective of the course is to have a general understanding of the concepts in psychology and to analyze behavior and cognition in different contexts
Learning Outcomes
Upon successful completion of this course, students should: <ol style="list-style-type: none"> 1. have an understanding of key psychological concepts and theories. 2. demonstrate critical thinking skills by analyzing psychological phenomena in everyday life. 3. be able to apply psychological principles to solve practical problems.

Unit No.	Topics to be Covered	Lecture Hours	Learning Outcome
1	Introduction: Branches of Psychology, Studying behaviour, Major perspectives in psychology	6	Understanding the foundations of psychology, its various branches and applications across different domains
2	Basic Psychological Processes Learning: defining learning, classical conditioning, operant conditioning, observational learning, applications of learning Memory: nature, stages, forgetting, memory in everyday life	9	Understanding the different theories of learning and its application in everyday life Understand the stages of memory and apply strategies for enhancing memory retention in everyday life
3	Higher Cognition and the Brain Cognition: Basic elements of thought, Reasoning, Decision Making, and Problem-Solving. Biology of the mind: The brain and nervous system, Brain stem, Hypothalamus, Thalamus and Limbic system, Cerebral cortex.	9	Understanding higher cognitive processes which have day-to-day relevance. Also, being familiar with the biological basis of the mind.
4	Person in Society Attitude: Theories of attitude, Changing attitude, Person perception Group: Theories of group antagonism, stereotypes, prejudice, discrimination, minimising prejudice, Group Influence, Group Decision Making	9	Understanding the basics of social psychological theories in the context of attitude formation, change and group-related processes
5	Feelings and Psychopathology Emotions: Nature, expression and impact on behaviour Psychological Disorders: defining normality, emotions: nature and role in behaviour, anxiety disorders, mood disorders, dissociative disorders	9	Understanding what emotions are and how they influence behaviour. Rethinking the concept of “normality”. Understanding the major psychological disorders and their causes.

Text Books:

1. Baron, R.A & Mishra, G. (2013). *Psychology (Indian Subcontinent Edition)*. New Delhi: Pearson

Reference Books:

1. Branscombe, N.R., Baron, R.A., & Kapur, P. (2017). *Social Psychology. (14Ed)*. Pearson.