

THE UNIVERSITY OF BURDWAN



**Syllabus for 3-year Degree and /or 4-year Honours
In PSYCHOLOGY**

**Under Curriculum and Credit Framework for Undergraduate
Programme (CCFUP) as per NEP, 2020**

W.E.F 2023-24

SEMESTERWISE AND COURSE-WISE CREDIT AND MARKS DISTRIBUTION
PSYCHOLOGY UNDER CCFUP AS PER NEP, 2020

SEMESTER	COURSE TYPE WITH COURSE CODE	COURSE TITLE	CREDIT	L-T-P	FULL MARKS	TH-PR-IA
SEM-1	MAJOR – PSYC1011	INTRODUCTION TO PSYCHOLOGY	4	3- 0- 1	75	40-20-15
	MINOR- PSYC1021	FOUNDATIONS OF PSYCHOLOGY (ANY DISCIPLINE OTHER THAN PSYCHOLOGY)	4	3- 0- 1	75	40-20-15
	INTER-DISCIPLINARY COURSES/ MULTIDISCIPLINARY COURSES - PSYC1031	INTRODUCTION TO FORENSIC PSYCHOLOGY	3	2-1-0	50	40-0-10
	ABILITY ENHANCEMENT COURSE L ₁ -1 MODERN INDIAN LANGUAGES (AEC)-1041	ARABIC/BENGALI/HINDI/SANSKRIT/SANTALI/URDU OR EQUIVALENT COURSE FROM SWAYAM/ ANY OTHER UGC-RECOGNIZED PLATFORM	2	2-0-0	50	40-0-10
	SKILL ENHANCEMENT COURSES- PSYC1051	STRESS MANAGEMENT	3	2-1-0	50	40-0-10
	VALUE ADDED COURSE- CVA1061	ENVIRONMENTAL SCIENCE/ EDUCATION	4	3-0-1	100	60-20-20
	TOTAL			20		400
SEM-2	MAJOR- PSYC2011	BASIC PSYCHOLOGICAL PROCESSES	4	3- 0- 1	75	40-20-15
	MINOR- PSYC2021	PSYCHOLOGY FOR HEALTH AND WELL-BEING	4	3- 0- 1	75	40-20-15
	INTER-DISCIPLINARY COURSES/ MULTIDISCIPLINARY	PSYCHOLOGICAL FIRST- AID	3	2-1-0	50	40-0-10

	COURSES- PSYC2031					
	ABILITY ENHANCE MENT COURSE (AEC) [L ₂ -1] -2041	L ₂ -1 ENGLISH OR Equivalent course from SWAYAM/ Any other UGC- recognized platform	2	2-0-0	50	40-0-10
	SKILL ENHANCE MENT COURSES- PSYC2051	BEHAVIOUR MODIFICATION	3	2-1-0	50	40-0-10
	VALUE ADDED COURSE- CVA2061	UNDERSTANDING INDIA/ DIGITAL AND TECHNOLOGICAL SOLUTIONS/ HEALTH AND WELLNESS, YOGA EDUCATION,SPORTS AND FITNESS	4	3/3-1/0- 0/1	100	80/60- 0/20-20
TOTAL			20			40

COURSE STRUCTURE

SEMESTER	MAJOR/ DISCIPLIN E SPECIFIC COURSE	MINOR	INTER- DISCIPLINAR Y COURSES/ MULTIDISCI PLINARY COURSES	ABILITY ENHANCEMEN T COURSES (AEC)	SKILL ENHANCEMEN T COURSES	COMMON VALUE ADDED COURSE	TOTAL CREDI TS
I	1 COURSE- 4 CREDITS	1 COURSE- 4 CREDITS	1 COURSE-3 CREDITS	L ₁ -1 MIL – 2 CREDITS	1 COURSE-3 CREDITS	1 COURSE- 4 CREDITS	20
II	1 COURSE- 4 CREDITS	1 COURSE- 4 CREDITS	1 COURSE- 3 CREDITS	(L ₂ -1ENG) – 2 CREDITS	1 COURSE-3 CREDITS	1 COURSE- 4 CREDITS	20

MAJOR/ DISCIPLINE SPECIFIC COURSE

SEMESTER 1- MAJOR - INTRODUCTION TO PSYCHOLOGY

SEMESTER 2- BASIC PSYCHOLOGICAL PROCESSES

MINOR COURSES

SEMESTER 1- FOUNDATIONS OF PSYCHOLOGY

SEMESTER 2- PSYCHOLOGY FOR HEALTH AND WELL-BEING

INTER-DISCIPLINARY COURSES/ MULTIDISCIPLINARY COURSES

SEMESTER 1-INTRODUCTION TO FORENSIC PSYCHOLOGY

SEMESTER 2- PSYCHOLOGICAL FIRST- AID

ABILITY ENHANCEMENT COURSES (AEC)

SEMESTER 1- L₁-1 MODERN INDIAN LANGUAGES

SEMESTER 2- L₂-1 ENGLISH

SKILL ENHANCEMENT COURSE (SEC)

SEMESTER 1- SEC-1 STRESS MANAGEMENT

SEMESTER 2- SEC-2 BEHAVIOUR MODIFICATION

MINOR COURSES (for other disciplines)

SEMESTER	COURSE	COURSE TITLE	L-T-P	CREDIT	MARKS
SEMESTER 1	MINOR	FOUNDATIONS OF PSYCHOLOGY	3- 0- 1	4	75
SEMESTER 2		PSYCHOLOGY FOR HEALTH AND WELL- BEING	3- 0- 1	4	75

MULTIDISCIPLINARY COURSES (for other disciplines)

SEMESTER	COURSE	COURSE TITLE	L-T-P	CREDIT	MARKS
SEMESTER 1	MINOR	INTRODUCTION TO FORENSIC PSYCHOLOGY	2- 0- 1	3	50
SEMESTER 2		PSYCHOLOGICAL FIRST- AID	2- 0- 1	3	50

Semester I

Major Course

Course Name: Introduction to Psychology

Credits-4

[60L]

Course Objectives: To introduce students to the fundamental principles and scopes in Psychology and to develop a knowledge base of psychological processes.

Course Content:

UNIT 1: Introduction – Definition of Psychology, Nature, Scope, Methods and Branches of Psychology, Schools of Psychology – Structuralism, Behaviourism, Gestalt and Psychoanalysis. Basic concept of Indian Psychology

(20L)

UNIT 2: Perceptual Processes:

- a) Attention process – Determinants of attention, shift, fluctuation, oscillation and distraction, divided and sustained attention, core and context of attention, theories of attention.
- b) Sensation; Characteristics of sensation, Attributes of sensation
- c) Perception: Nature. Types, Illusion, Gestalt view.

(20L)

UNIT 3: Motivation: Definition; Types – Biological and Social; Theories – Concept of Drive, Need, Incentive; Maslow's Need Hierarchy Theory and McClelland's Theory of Motivation.

(10L)

UNIT 4: Emotion- Nature, Concept, Theories: James Lange, Cannon-Bard, Schachter – Singer, Cognitive Appraisal and Lazarus.

(10 L)

PRACTICUM

--Experimental determination of the rate of fluctuation of attention as a function of

- i) Intensity
- ii) Distraction.

--Experimental determination of the effect of suggestion on the rate of perceptual reversibility using a standard structure - Figures with and without suggestion.

Suggested Readings:

- Baron, R.A. (2001). *Psychology: The Essential Science*. 5th Edition, Prentice-Hall of India Private Limited.
- Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Chaplin, J. P. & Krawiec, T. S. (1988). *Systems and Theories of Psychology* (4th Edition). New York; Holt, Rinehart and Winston.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Feldman, R.S. (2004). *Understanding Psychology* (6th Edition), New Delhi, Tata Mc.Graw Hill Publishing Company Limited.
- Galloti, K. M. (2016). *Cognitive Psychology. In and Out of the Laboratory* (5th Edition). Sage Publication.
- Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L. (1975). *Introduction to Psychology* (6th Edition). Oxford IBH Publishing.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A History of Psychology: Ideas and Context*. (4th Ed.). Pearson Education.
- Leahey, T.H. (2005). *A History of Psychology: Main currents in Psychological Thought* (6th Ed.). Singapore: Pearson Education.
- Mangal, S.K. (1998). *General Psychology*. (Latest Edition) Sterling Publishers Pvt. Ltd.
- Melvin, H. M.M., & William, A. H. (1979). *Systems and Theories in Psychology*. McGraw-Hill Higher Education.
- Mishra, B. K. (2016). *Psychology- The Study of Human Behaviour* .(2nd Edition). PHI Learning Private Limited.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). *Introduction to psychology* (7th edition) .Tata-McGraw Hill.
- Munn, N. L., Fernald, L. D., & Fernald, P. S. (2007). *Introduction to Psychology* (5th Edition). A.I.T.B.S Publishers India.
- Paranjpe, A. C. (1984). *Theoretical Psychology: The Meeting of East and West*. New York: Plenum Press.
- Passer, M.W. & Smith, R.E. (2010). *Psychology: The Science of Mind and Behaviour*. New Delhi: Tata McGraw-Hill.
- Plotnik, R. & Kouyoumdjian, H. (2014). *Introduction to Psychology* (10th Edition). An Cengage Learning.
- Schultz, D. P. & Schultz, S. E. (2007). *History of Psychology*. (9th Edition), Belmont, USA, Thomson Wardsworth.
- Solso, R. L., Maclin, H., & Maclin, M. K. (2008). *Cognitive Psychology* (8th Edition). Pearson Publishing House.

- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.

Further Readings:

- Afsaruddin, M. (2007), *Sadharon Monobiggan*. Ekushe Printers.
- Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.
- kazi, Z. (2007), *Monobigganer Bhumika, tottwiyo ebong byaboharik* (1st edition).
- Mondal, J. (2010). *Monobigganer Itibritto*. poschimbongo bangla Academy.
- Sarkar, N. (20212). *Monobigyan o Jibon*. Gyankosh Prokashoni (3rd Edition).
- Siddiqui, A.B. (1994), *Snatok O Snatokottor Monobiggan*. Sahityakosh.
- Woodworth, R. S., & Sheehan, M. R. *Contemporary Schools of Psychology*. (Latest edition).

Minor Course

Course Name: Foundations of Psychology

Course Objectives: To understand the basic psychological processes and their applications in everyday life.

Credit 4

[60L]

Course Content:

UNIT 1: Introduction:

Psychology: Branches and methods, a science and a perspective, origin and development of psychology, (14L)

UNIT 2: Cognitive processes:

Basic concepts- sensation, attributes, attention, factors, Perception: Determinants of Perception, Perception of form, space, depth, movement and time. Optical illusions
Learning- conditioning (Classical and Operant), observational learning;
Memory-processes, information processing model, Forgetting, Techniques for improving memory. (16L)

UNIT 3: Personality

Nature and Definition, Different approaches. Theories: Freud- Structure and Topography, Maslow, Allport, Eysenck (14L)

UNIT 4: Intelligence:

Intelligence: nature, and Definition, Theories: One-factor and Two-factor theories, Cattell, Sternberg, Intellectual Disability and Giftedness

(16L)

PRACTICUM

- i) Administration of Eysenck Personality Questionnaire
- ii) Administration of Standard Progressive Matrices.

Suggested Readings:

- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.
- Ciccarelli, S. K. & Meyer, G.E. (2008). *Psychology* (South Asian Edition). New Delhi: Pearson
- Feldman, S.R. (2009). *Essentials of understanding psychology* (7th Ed.) New Delhi : Tata Mc Graw Hill.
- Glassman, W.E. (2000). *Approaches to Psychology* (3rd Ed.) Buckingham: Open University Press.

Further Readings:

- Baron, R., & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
- Feist, J., Feist, G. J. & Roberts, T. (2013). *Theories of Personality*.
- Morgan, C.T., King, R.A., & Weisz, J.R., (2017). *Introduction to Psychology*. McGraw Hill Book Co.
- Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.
- Sarkar, N. (2012). *Monobigyan o Jibon*. Gyankosh Prokashoni (3rd Edition).
- Siddiqui, A.B. (1994), *Snatok O Snatokottor Monobiggan*. Sahityakosh.

Multidisciplinary Course:

Course Name: Introduction to Forensic Psychology

Course objectives: To develop an understanding about the basics of Forensic Psychology and Criminal Profiling

Credit: 3 (45L)

Course Content:

Unit I: Introduction to Forensic Psychology; Psychologists and Legal system; Meaning, Purpose and scope of Criminal Psychology. (15L)

Unit II: Human Aggression, violence, and crime; Psychology of Victims (7L)

Unit III: Personality development and Criminal Behavior: Profile of a Criminal personality.(8L)

Unit IV: Bio-Psychosocial perspectives of Criminal Behavior: Role of parents, family, and society in the development of criminal behaviour. (15L)

Essential Readings

- Batchman, R., & Schutt, R. K. (2008). Fundamentals of research in criminology and criminal justice. London: Sage.
- Wrightsman, L. S. & Fulero, S. M. (2008). Forensic psychology (3rd Ed.). Belmont, CA: Wadsworth Publishing Co.
- Howitt, D. (2002). Forensic and criminal psychology. New Delhi, India: Prentice Hall.

Suggested Readings

- Loftus, E. F. (1996). Eyewitness testimony: With a new preface. Cambridge, MA: Harvard University Press.
- Ross, F. D., Read, D. J., & Toglia, M. P. (1994). Adult eyewitness testimony. New York: Cambridge University Press.
- Webb, D. (2013). Criminal profiling: An introductory Guide. UK: Independent Publishing Platform.
- Haward, L. (1981). Forensic psychology. London: Batsford Academic and Educational Ltd.

Skill Enhancement Course (SEC)

Course Name: Stress Management

Course Objective: Students will learn how they can adjust and manage to cope with stress more effectively.

Credit: 3 [45L]

Course Content:

UNIT 1: Stress: Introduction, Nature of stress, symptoms of stress, Various sources of stress: environmental, social, physiological, and psychological (10L)

UNIT 2: Stress and health: effects of stress on health, concept of eustress and distress, stress related somatic disorders (gastrointestinal disorders, B.P related disorders, autoimmune disorders) (15L)

UNIT 3: Managing stress: I Methods - Problem focused and emotion focused approaches, social support., (10L)

UNIT 4: Managing stress: II- yoga, meditation, relaxation techniques (10L)

Suggested Readings:

- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK: Routledge.
- DiMatteo, M.R. & Martin, L.R.(2002). *Health psychology*.New Delhi: Pearson
- Neiten, W. & Lloyd, M.A (2007). *Psychology applied to Modern life*. Thomson Detmar Learning.

Further Readings:

- Goldberger, I. & Breznitz,S.(1986). *Handbook of Stress: Theoretical and Clinical Aspect*. The Free Press Collier MacMillan Publishers. London.
- Misra, G. (Ed.) (1999). *Psychological Perspectives on Stress and Health, New Delhi, Concept*.
- Sarafino, E.P. (2002). *Health Psychology: Bio-Psychosocial Interactions* (4th Ed.).NY: Wiley.
- Taylor, S.E. (2006). *Health psychology*. 6th Edition. New Delhi: Tata McGraw Hill.

Semester II

Major Course

Course Name: Basic Psychological Processes

Course Objectives: To develop a knowledge base of the basic psychological processes with an emphasis on the practical applications.

Credits-4

[60L]

Course Content:

UNIT 1: Thinking and Reasoning: Nature of thinking, Inductive and Deductive Reasoning. Problem solving approaches, decision making. (12 L)

UNIT 2: Learning: Learning processes, nature and factors of learning; theories: trial and error, conditioning – classical and operant (shaping, schedules of reinforcement); insight; Social learning theory, transfer of training. (15L)

UNIT 3: Memory: Nature of encoding, storage and retrieval; Span of Memory, STM & LTM, types of memory, Models of memory – Atkinson and Shiffrin, Craig and Lockhart, Tulving. Autobiographical and Flashbulb Memory, Reconstructive nature of memory; Forgetting; Forgetting curve, causes of forgetting. theories of forgetting: Trace-decay, Interference; Improving memory- use of mnemonics, chunking. (18L)

UNIT 4: Intelligence: Classification; Theories – Spearman, Thurstone, Guildford, Psychometric and cognitive approaches to intelligence; Gardner's multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence. (15L)

PRACTICUM

- Administration of the Wechsler Adult Intelligence Scale (WAIS)
- Determination of Retroactive & Proactive inhibition

Suggested Readings:

- Baron, R.A. (2001). *Psychology: The Essential Science*. 5th Edition, Prentice-Hall of India Private Limited.
- Baron, R. & Misra, G. (2013). *Psychology*. New Delhi: Pearson.
- Chadha, N.K. & Seth, S. (2014). *The Psychological Realm: An Introduction*. Pinnacle Learning, New Delhi.

- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology: South Asian Edition*. New Delhi: Pearson Education.
- Feldman, R.S. (2004). *Understanding Psychology* (6th Edition), New Delhi, Tata Mc. Graw Hill Publishing Company Limited.
- Galloti, K. M.(2016). *Cognitive Psychology. In and Out of the Laboratory* (5th Edition). Sage Publication.
- Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L.(1975). *Introduction to Psychology* (6th Edition). Oxford IBH Publishing.
- Mishra, B. K. (2016). *Psychology- The Study of Human Behaviour* .(2nd Edition). PHI Learning Private Limited.
- Munn, N. L., Fernald, L. D., & Fernald, P. S.(2007). *Introduction to Psychology* (5th Edition). A.I.T.B.S Publishers India.
- Plotnik, R. & Kouyoumdjian, H. (2014). *Introduction to Psychology* (10th Edition). An Cengage Learning.
- Solso, R. L. (2006). *Cognitive Psychology* (6th Edition). Pearson Publishing House.
- Mangal, S.K. (1998). *General Psychology*. (Latest Edition) Sterling Publishers Pvt. Ltd.
- Morgan, C.T., King, R.A., Weisz, J.R., & Schopler, J. (2008). *Introduction to psychology* (7th edition).Tata-McGraw Hill.
- Passer, M.W. & Smith, R.E. (2010).*Psychology: The Science of Mind and Behaviour*. New Delhi: Tata McGraw-Hill.
- Solso, R. L., Maclin, H., & Maclin, M. K. (2008). *Cognitive Psychology* (8th Edition). Pearson Publishing House.
- Woodworth, R. S. & Schlosberg, H.: *Experimental Psychology* (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.

Further Reading:

- Roy, S. (2015). *Shikhya Monobidya*. Soma Book Agency.
- Sarkar, N. (20212). *Monobigyan o Jibon*. Gyankosh Prokashoni (3rd Edition).

Minor Course

Course Name: Psychology for Health and Well-Being

Course Objective: To understand the spectrum of health and illness for better health management.

Credit: 4 **[60L]**

Course Content:

UNIT 1: Illness, Health and Well being

Continuum and Models of health and illness: Medical, Bio-psychosocial, holistic health; health and well being. (14L)

UNIT 2: Stress and Coping

Nature and sources of stress; Effects of stress on physical and mental health; Coping and stress management. (14L)

UNIT 3: Health Management

Health-enhancing behaviors: Exercise, Nutrition, Health compromising behaviours; Health Protective behaviours, Illness Management. (16L)

Unit 4: Human strengths and life enhancement

Classification of human strengths; cultivating inner strengths: Hope and optimism; Resilience (16L)

PRACTICUM

--Administration of General Health Questionnaire/Health Behaviour Scale.

--Determination of Perceived Stress and Coping of your subject.

Suggested Readings:

- Carr, A. (2004). *Positive Psychology: The science of happiness and human strength*.UK:Routledge.
- DiMatteo, M.R. & Martin, L.R.(2002). *Health Psychology*.New Delhi: Pearson.
- Forshaw, M. (2003). *Advanced Psychology: Health Psychology*. London: Hodder andStoughton.
- Hick, J.W. (2005). *Fifty signs of Mental Health.A Guide to understanding mental health*. Yale University Press.
- Mondal, J. (1999). Manosik Sasthyabidya, Soma Book Agency.
- Mondal, J. &Mukhopadhyay,P.(2017).*Monoboigganik Poramorshodan*. Soma Book Agency.
- Misra,G. (1999).*Stress and Health*. New Delhi: Concept.

- Sarafino, E.P. (2002). *Health psychology: Bio psychosocial interactions* (4th Ed.).NY:Wiley.
- Snyder, C.R., &Lopez, S.J.(2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2006). *Health psychology*. 6th Edition. New Delhi: Tata McGraw Hill.

Multidisciplinary Course:

Course Name: Psychological First Aid

Course Objectives: To develop the orientation and skills for enhancing immediate and ongoing safety, and provide psychological aid to emotionally overwhelmed or distraught survivors of disastrous events.

Credits: 3 **(45L)**

Course Content:

Unit I- Introduction and Overview: Psychological First Aid; Who, when and where of PFA; Things to say and do, supporting those who likely need special attention. (10 L)

Unit II- Crisis Events: Crisis events – both large scale and individual, nature of traumatic events (major and minor), common physical, psychological, behavioral and social reaction after crisis/disaster; PTSD. (10 L)

Unit III- Coping with Death: Death and Bereavement. Stages of death and bereavement by Kubler Ross. Stress and basic stress management for disaster survivors, disaster management. (10 L)

Unit IV- Action Principle: Basic communication techniques for PFA, Action principles, Recognition of basic human needs; Working with children and adolescents, older adults, Resilience, Protective factors for Psychological resilience in children and youth, strategies for promoting resilience in children and youth. (15 L)

Suggested Readings:

- Burke, S. & Richardson, J. (2009). *Psychological first aid: An Australian aid*. The Australian Psychological Society Ltd.

- Everly, G.S. Jr., & Lating, J.M. (2017). *The Johns Hopkins guide to psychological first aid*. John Hopkins University Press.
- Winch, G. (2013). *Emotional first aid: Healing, rejection, guilt, failure and other everyday hurts*. NY, USA: Hudson Street Press.

Further Readings:

- Miller, L.B. (2019). *Psychological First Aid*. ISBN: 978-1794767188

Skill Enhancement Course

Course Name: Behavior Modification

Course Objective: To understand the concept of behaviour modification and its applications.

Credits: 3 **[45L]**

Course Content:

Unit 1: Introduction- Understanding of behavior, behaviour modification, behavior assessment (10 L)

Unit 2: Classical conditioning- Theory, basic principles, cognitive perspective and applications. Operant conditioning theory, punishment, negative reinforcement, schedules of reinforcement,. (15 L)

Unit 3: Techniques- Token Economy, Contingencies, Shaping, Premack Principle. (10 L)

Unit 4: Applications- School, Family, Work setting. Behavioural principles and procedures-

- Inculcating a behaviour to occur more often with positive reinforcement,
- Developing and maintaining behaviour with conditioned reinforcement,
- Decreasing a behaviour with extinction. Planning, applying and evaluating. (10 L)

Suggested Readings:

- Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L. (1975). *Introduction to Psychology*. 6th Ed. OxfordIBH Publishing.
- Luthans, F. (2005). *Organizational Behaviour*. 10th Edition. McGraw Hill Irwin, Boston, MA. ISBN:0072873876 / 9780072873870.
- Robbins, S.P., Judge, T.A., & Hasham, E.S. (2012, Copyright). *Organizational Behaviour*. Arab World Edition. Pearson Education Ltd. ISBN: 978-1-4082-5965-8.
- Robbins, S.P. (2000). *Organizational Behaviour: Concepts, Controversies and Applications*. VII Ed. New Delhi, Prentice Hall of India.

Further Readings:

Miltenberger, R.G.(2011). *Behaviour Modification: Principles and Procedures*. Wadsworth Publishing Company.

