SCHEME OF STUDY

FOR

ASSOCIATE DEGREE OF PSYCHOLOGY

UNDERGRADUATE PROGRAM

(FOR AFFILIATED COLLEGES)
2023 Fall & Onward

DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF SARGODHA

Program Introduction

The Associate Degree in Psychology program invites you to delve into the intricacies of the human mind and behavior, fostering an exploration, understanding, and practical application of this fascinating field. Psychology is a discipline that delves into the depths of human experience, addressing questions about thoughts, emotions, motivations, and the intricate interplay between individuals and society. This program provides a solid foundation in psychological principles, research methods, and critical thinking skills, empowering students to make a positive impact in various fields, from counseling and social services to education and organizational settings. The Associate Degree in Psychology program provides students with a strong foundation in the science of human behavior, fostering critical thinking skills and ethical awareness. Graduates of this program will be well-prepared to pursue further studies in psychology or enter a variety of professional fields where an understanding of human behavior is crucial. They will be equipped to make a positive difference in the lives of individuals, organizations, and communities, utilizing their knowledge of psychology to promote well-being, resilience, and personal growth.

Program Educational Objectives (PEOs):

The Associate Degree in Psychology program is guided by the following Program Educational Objectives:

- Knowledge Acquisition: Graduates will possess a broad understanding of the major theories, concepts, and research findings in psychology, demonstrating knowledge in various subfields, such as developmental psychology, abnormal psychology, social psychology, and cognitive psychology.
- Research and Analytical Skills: Graduates will develop research and analytical skills, enabling them to critically evaluate psychological research, collect and analyze data, and draw meaningful conclusions to contribute to the advancement of psychological knowledge.
- Ethical and Professional Practice: Graduates will demonstrate an understanding of ethical principles and professional standards in psychology, recognizing the importance of maintaining confidentiality, respecting diversity, and upholding ethical guidelines in their interactions with clients, research participants, and colleagues.

Program Learning Outcomes (PLOs):

Throughout the program, students will achieve the following Program Learning Outcomes:

- Understanding Psychological Concepts: Students will acquire a solid foundation in psychological concepts and theories, comprehending key principles related to human behavior, cognition, emotions, personality, and mental processes.
- Research Methods: Students will develop knowledge and skills in psychological research methods, including study design, data collection techniques, statistical analysis, and interpretation of research findings.
- Critical Thinking and Analysis: Students will cultivate critical thinking skills, applying logical reasoning and evidence-based approaches to analyze and evaluate psychological theories, research studies, and real-world scenarios.
- Communication Skills: Students will enhance their communication skills, both written and verbal, demonstrating the ability to articulate psychological concepts, research findings, and professional insights in a clear and coherent manner.
- Empathy and Interpersonal Skills: Students will develop empathy and interpersonal skills, recognizing the importance of effective communication, active listening, and building rapport to establish positive relationships with individuals from diverse backgrounds.
- Application of Psychological Knowledge: Students will apply psychological knowledge and principles to real-world contexts, demonstrating an understanding of how psychology can contribute to fields such as counseling, education, human resources, and community services.
- **Program Structure:**

Duration	2 years
Admission Requirements:	**Eligibility:** At least 45% marks in intermediate or equivalent (equivalence certificate is a must) with psychology as an elective subject of FSc (Pre-medical / Pre-Engineering / ICS)
Degree Completion Requirements:	AS PER UOS REGULATIONS

Scheme of Studies
Associate Degree in Psychology
(For Affiliated Colleges)

Semester-I

Category	Course Code	Course Title	Credit Hours	Pre-Requisite
GE-1	URCG-5118	Functional English	3(3-0)	Nil
GE-2	URCG-5105 URCG-5126	Islamic Studies (OR) Religious Education/Ethics	2(2-0)	Nil
GE-3	URCG-5123	Applications of Information and Communication Technologies (ICT)	3(2-1)	Nil
Major-1	PSYC-5101	Introduction to Psychology	3(3-0)	Nil
Major-2	PSYC-5105	Experimental Psychology	3(3-0)	Nil
Major-3	PSYC-5107	Educational Psychology	3(3-0)	Nil
GE-2	URCG-5111	Translation of Holy Quran I	NC	Nil

Semester Total Credit Hours:___17___

Semester-II

Category	Course Code	Course Title	Credit Hours	Pre-Requisite
GE-4	URCG-5112	Fables, Wisdom, Literature and EPICS	2(2-0)	Nil
GE-5	URCG-5116	Science of Society-I	2(2-0)	Nil
GE-6	URCG-5120	Exploring Quantitative Skills	3(3-0)	Nil
GE-7	URCG-5127	Seerat of the Holy Prophet (SAW)	1(1-0)	Nil
Major-4	PSYC-5102	History and Systems in Psychology	3(3-0)	Nil
Major-5	PSYC-5106	Social Psychology	3(3-0)	Nil
Major-6	PSYC-6122	Health Psychology	3(3-0)	Nil

Semester Total Credit Hours:__17____

Semester-III

Category	Course Code	Course Title	Credit Hours	Pre-Requisite
GE-8	URCG-5119	Expository Writing	3(3-0)	Nil
GE-9	URCG-5121	Tools for Quantitative Reasoning	3(3-0)	Nil
GE-10	URCG-5122	Ideology and Constitution of Pakistan	2(2-0)	Nil
Major-7	PSYC-6231	Environmental Psychology	3(3-0)	Nil
Major-8	PSYC-6134	Positive Psychology	3(3-0)	Nil
Major-9	PSYC-5104	Sports Psychology	3(3-0)	Nil
GE-2	URCG-5111	Translation of Holy Quran II	NC	Nil

Semester Total Credit Hours:__17____

Semester-IV

Category	Course Code	Course Title	Credit Hours	Pre-Requisite
GE-11	URCG-5114	Basic Science	3(2-1)	Nil
GE-12	URCG-5124	Entrepreneurship	2(2-0)	Nil
GE-13	URCG-5125	Civics and Community Engagement	2(2-0)	Nil
Major-10	PSYC-6109	Cross-Cultural Psychology	3(3-0)	Nil
Major-11	PSYC-6133	Para Psychology	3(3-0)	Nil
Major-12	PSYC-6230	Leadership and Motivation	3(3-0)	Nil

Semester Total Credit Hours:__16____

Degree Program Total:_67_____

Summer Semester *(For student existing program to have Associate Degree)*

Category	Course Code	Course Title	Credit Hours	Pre-Requisite
Compulsory		Internship	3(3-0)	Completion of minimum 60 credit hours

Prof. Dr. Najma Iqbal Malik

Chairperson, Department of Psychology

URCG-5118   Functional English   3(3-0)

The course aims at providing understanding of a writer's goal of writing (i.e. clear, organized and effective content and to use that understanding and awareness for academic reading and writing. The objectives of the course are to make the students acquire and master the grammatical academic writingskills. The course would enable the students to develop argumentative writing techniques. The studentswould be able to logically add specific details on the topics such as facts, examples and statistical or numerical values. The course will also provide insight to convey the knowledge and ideas in an objective and persuasive manner. Furthermore, the course will also enhance the students' understanding of ethical considerations in writing academic assignments and topics including citation,plagiarism, formatting and referencing the sources as well as the technical aspects involved in referencing.

Contents
1. Developing Analytical Skills
2. Transitional devices (word, phrase and expressions)
3. Development of ideas in writing
4. Reading Comprehension
5. Precis Writing
6. Developing argument
7. Sentence structure: Accuracy, variation, appropriateness, and conciseness
8. Appropriate use of active and passive voice
9. Organization and Structure of a Paragraph
10. Organization and structure of Essay
11. Types of Essays

Recommended Texts

1. Bailey, S. (2011). Academic writing: A handbook for international students (3rd ed.). New York: Routledge.
2. Eastwood, J. (2011). A Basic English grammar. Oxford: Oxford University Press.
3. Swales, J. M., & Feak, C. B. (2012). *Academic writing for graduate students: Essential tasks and skills* (3rd ed.). Ann Arbor: The University of Michigan Press.
4. Swan, M. (2018). *Practical English usage* (8th ed.). Oxford: Oxford University Press.

Suggested Readings

1. Biber, D., Johansson, S., Leech, G., Conrad, S., Finegan, E., & Quirk, R. (1999). *Longman grammar of spoken and written English*. Harlow Essex: MIT Press.
2. Cresswell, G. (2004). *Writing for academic success*. London: SAGE.
3. Johnson-Sheehan, R. (2019). *Writing today*. Don Mills: Pearson.
4. Silvia, P. J. (2019). *How to write a lot: A practical guide to productive academic writing*. Washington: American Psychological Association
5. Thomson, A. J., & Martinet, A. V. (1986). *A Practical English Grammar*. Oxford: Oxford University Press

Islamic Studies engages in the study of Islam as a textual tradition inscribed in the fundamental sources

of Islam; Qur'an and Hadith, history and particular cultural contexts. The area seeks to provide an introduction to and a specialization in Islam through a large variety of expressions (literary, poetic, social, and political) and through a variety of methods (literary criticism, hermeneutics, history, sociology, and anthropology). It offers opportunities to get fully introductory foundational bases of Islam in fields that include Qur'anic studies, Hadith and Seerah of Prophet Muhammad (PBUH), Islamic philosophy, and Islamic law, culture and theology through the textual study of Qur'an and Sunnah.

1. To make students understand the relevance and pragmatic significance of Islam in theirlives.
2. To make learners comprehend the true spirit of Islam with reference to modern world.
3. To generate a sense of Islamic principles as a code of living that guarantee the effective solutions
4. to the current challenges of being.
5. To provide Basic information about Islamic Studies
6. To enhance understanding of the students regarding Islamic Civilization
7. To improve Students skill to perform prayers and other worships
8. To enhance the skill of the students for understanding of issues related to faith and religious life.

Contents

Introduction to Qur'anic Studies

1) Basic Concepts of Qur'an

2) History of Quran

3) Uloom-ul-Quran

مطالعہ قرآن)تعارف قرآن ، منتخب آیات کا ترجمہ و تفسیر: سورۃ البقرہ آیات ،5-1 482-482؛ سورۃ الحجرات آیات 18-1؛

،سورۃ الفرقان آیات 77-26؛ سورۃ المومنون آیات 11-1؛ ،سورۃ االحزاب آیات ،2 41- 64 66؛، 24- 52 55؛ سورۃ االنعام

آیات 156-151؛، سورۃ الصف آیات -1 12؛ الحشر آیات -18 44؛ آل عمران آیات -154 154؛ النحل آیات 14-12؛ لقمن

)آیت ،44 حم السجدہ آیت 56

Introduction to Sunnah

1) Introduction of Hadith

2) Legal Status of Hadith

3) History of the compilation of Hadith

4) Kinds of Hadith

حدیث کا تعارف، حدیث کی دینی حیثیت، حفاظت و تدوین حدیث، حدیث کی اقسام

متن، حدیث: 1درج ذیل موضوعات پر احادیث کا مطالعہ

۔ اعمال کا اجر نیت پر منحصر ہے۔ 4۔ بہترین انسان قرآن کا طالب علم اور اس کا معلم ہے۔6کتا ب وسنت گمراہی سے بچنے1

کا ذریعہ بیں2۔ ارکان اسالم 5۔ اسالم ، ایمان ، احسان اور قیامت کی نشانیاں، 2بچوں کی نماز کی تلقین 7۔ دین کا گہرا فہم ہلال

کی خاص عنایت ہے 8۔ حصول علم، تالوتِ قرآن اور عمل کی اہمیت و فضیلت، 5 روز محشرکا محاسبہ، 14۔ حقوق ہلال کے

ساتھ ساتھ حقوق العباد کا لحاظ رکھنا بھی الزم ہے11۔ حسن خلق کی عظمت اور فحش و بد گوئی کی مذمت 14۔ دنیا و آخرت کی بھلائی کی ضامن چار چیزیں، 16۔ ہلاک کر دینے والی سات چیزیں12،۔ بے عمل مبلغ کا عبرت ناک انجام 15۔ ہر شخص نگران ہے اور ہر شخص مسئول

1) Sirah of the Prohet

2) Importance of the Study of Sirah

3) Character building method of the Prophet

(سیرت النبیصلی اللہ علیہ وسلم) مطالعہ سیرت کی ضرورت و اہمیت ، تعمیر،سیرت و شخصیت کا نبوی منہاج اور عملی نمونے ، اقامت دین

کا نبوی طریق کار، اقامَت دین بعہِد خالفت راشدہ، میثاق مدینہ ، خطبہ حجۃ الوداع، اخالقی تعلیمات ، تشکیل اجتماعیت اور

اسوہ حسنہ ،قرآن مجید میں سیرت سرور عالم کا بیان، غزواِت نبوی صلی اللہ علیہ وسلم کے مقاصد و حکمتیں)

Islamic Culture & Civilization

1) Basic Concepts of Islamic Culture & Civilization

2) Historical Development of Islamic Culture & Civilization

3) Characteristics of Islamic Culture & Civilization

4) Islamic Culture & Civilization and Contemporary Issues

اسالمی تہذیب و تمدن) اسالمی تہذیب کا مفہوم، اسالمی کے عوامل و عناصر، اسالمی تہذیب کی خصوصیات، ، اسالمی 2. تہذیب ، علمی ، معاشرتی اور سماجی اثرات ، تہذیبوں کے تصادم کے نظریے کا تنقیدی جائزہ، تہذیبی تصادم کے اثرات و نتائج، طبعی ، حیاتیاتی اور معاشرتی علوم میں مسلمانوں کا کردار، نام ور مسلمان سائنسدان)

Pre-Requisite: Nil

Recommended Books

1) Hameed ullah Muhammad, —Emergence of Islam‖ , IRI, Islamabad

2) Hameed ullah Muhammad, —Muslim Conduct of State

3) Hameed ullah Muhammad, ＿Introduction to Islam

4) Ahmad Hasan, —Principles of Islamic Jurisprudence‖ Islamic Research, Institute, International

Islamic University, Islamabad (1993)

5) Dr. Muhammad Zia-ul-Haq, —Introduction to Al Sharia Al Islamia‖ Allama Iqbal Open

University, Islamabad (2001)

6) Dr. MuhammadShahbaz Manj, Teleeemat-e- Islam

1. Meaning and Scope of Ethics.

2. Relation of Ethics with:

(a) Religion

(b) Science

(c) Law

3. Historical Development of Morality:

(a). Instinctive Moral Life.

(b). Customary Morality.

(c). Reflective Morality.

4. Moral Theories:

(a). Hedonism (Mill)

(b). Intuitionism (Butler)

(c). Kant's Moral Theory.

5. Moral Ethics and Society.

(a). Freedom and Responsibility.

(b). Tolerance

(c). Justice

(d). Punishment (Theories of Punishment)

6. Moral Teachings of Major Religions:

a). Judaism

b). Christianity

c). Islam

7. Professional Ethics:

a). Medical Ethics

b). Ethics of Students

c). Ethics of Teachers

d). Business Ethics

REFERENCE BOOKS:

1. William Lille. An Introduction to Ethics., London Methuen & Co. latest edition.

2. Titus, H.H. Ethics for Today. New York: American Book, latest edition.

3. Hill, Thomas. Ethics in Theory and Practice. N.Y. Thomas Y. Crowel, latest edition

4. Ameer Ali, S. The Ethics of Islam. Culcutta: Noor Library Publishers, latest edition

5. Donaldson, D.M. Studies in Muslim Ethics. London: latest edition. 6. Sayeed, S.M.A.(Tr.)

Ta'aruf-e-Akhlaqiat. Karachi: BCC&T, University of Karachi

The course introduces students to information and communication technologies and their application in the workplace. Objectives include basic understanding of computer software, hardware, and associated technologies. How computers can be used in the workplace, how communications systems can help boost productivity, and how the Internet technologies can influence the workplace. Students will get basic understanding of computer software, hardware, and associated technologies. They will also learn how computers are used in the workplace, how communications systems can help to boost productivity, and how the Internet technologies can influence the workplace.

Contents

1. Introduction, Overview of Information Technology.
2. Hardware: Computer Systems & Components, Storage Devices.
3. Software: Operating Systems, Programming and Application Software.
4. Databases and Information Systems Networks.
5. File Processing Versus Database Management Systems.
6. Data Communication and Networks.
7. Physical Transmission Media & Wireless Transmission Media.
8. Applications of smart phone and usage.
9. The Internet, Browsers and Search Engines.
10. Websites and their types.
11. Email Collaborative Computing and Social Networking.
12. E-Commerce.
13. IT Security and other issues.
14. Cyber Laws and Ethics of using Social media.
15. Use of Microsoft Office tools (Word, Power Point, Excel) or other similar tools depending on the operating system.
16. Other IT tools/software specific to field of study of the students if any.

Recommended Book
1. Discovering Computers 2022: Digital Technology, Data and Devices by Misty E. Vermaat, Susan L. sebok; 17th edition.

Suggested Books
1. Computing Essentials 2021 by Timothy J. O'Leary and Linda I. O'Leary, McGraw Hill Higher Education; 26th edition.
2. Computers: Understanding Technology by Fuller, Floyd; Larson, Brian: edition 2018.

| PSYC-5101 | Introduction to Psychology | 3(3+0) |

The course is designed to be an introduction to the science and profession of psychology. The course will assist the student in developing a foundation of basic knowledge to pursue further studies in specific areas of psychology—introduction to general psychology as the science of the human mind and behaviour. The course will examine the different models upon which modern psychology has been built, along with the history and origins of psychology. The course will survey introductory topics such as learning, memory, sensation and perception, personality, lifespan development, the physiological basis of behaviour, stress, health, psychological disorders, social psychology, and research methods. Students explore the key figures, diverse theoretical perspectives, and research findings that have shaped some of the major areas of contemporary psychology. This course also examines the research methods psychologists use across these areas to study the origins and variations in human behaviour.

Contents

1. Introduction to Psychology: Nature and Application of Psychology with particular reference to Pakistan
2. Research Enterprise in Psychology (A brief sketch): Goals of Scientific Enterprise; Steps inScientific Investigation; Advantages of Scientific Approach; types of research.
3. Biological Basis of Behavior: Communication in the Nervous System; Organization of the Nervous System; Brain Research Method
4. Sensation and Perception : Psychophysics: Basic Concepts and Issues: Our senses of Sight: The Visual System: Our Senses of Hearing: The Auditory System: Our Senses of Touch: Sensory Systems in the Skin: The other Senses: The Kinesthetic System & The Vestibular System
5. Motivation and Emotion. The Motivation of Hunger and Eating; Affiliation: Theories of Emotion (James Lange Theory & Cannon-Bard Theory; Schachter's Two Factor Theory & Evolutionary Theories of Emotion)
6. Learning: Definition of Learning; Types of Learning (Classical Conditioning &. Operant Conditioning)
7. Human Memory: Encoding: Storage: Retrieval; Forgetting: When Memory Lapses; In Search of Memory Trace: The Physiology of Memory; Are There Multiple Memory Systems?
8. Language, Thinking & Decision making: The Cognitive revolution In Psychology; Language: Turning Thoughts into Words; Problem-Solving: In Search of Solutions; Decision Making: Choices and Chances
9. 9 Personality: Theory, Research, and Assessment: The Nature of Personality; Psychodynamic Perspectives; Behavioral Perspectives; Humanistic Perspectives; Biological Perspectives; Contemporary Empirical Approaches to Personality Traits; Culture and Personality

Recommended Text

1 Weiten, W. (2017). *Psychology: Themes and variations* (10th ed.). Boston: Cengage Learning.

2 Kalat, J. W. (2013). *Introduction to psychology* (10th ed.). New Delhi: Cengage Learning.

3 Nolen-Hoeksema, S., Hilgard, E. R. (2014). *Atkinson & Hilgard's introduction to psychology* (16th ed.). New Delhi: Cengage Learning.

Suggested Readings

1 Plotnik, R., & Kouyoumdjian, H. (2013). *Introduction to psychology* (10th ed.). Boston: CengageLearning.
2 Flanagan, C., Berry, D., Jarvis, M., & Liddle, R. (2015). *AQA psychology.* Cheltenham: IlluminatePublishing.

PSYC-5105	Experimental Psychology	3(3+0)

This course provides students with a coherent overview of classic and contemporary data on the nature of experimental psychology. Experimental psychology is an applied research course for psychology majors. Basic research methods and terminology are presented and practised in the classroom, and then the same basic research principles are practised and applied in a laboratory setting. This course Introduces research methods employed in studying the cognitive and social determinants of thinking and decision-making. Students gain experience in conducting research, including designing simple experiments, observation and preference elicitation techniques; analysing behavioural data, considering validity, reliability, and research ethics; and preparing written and oral reports. Students will learn how to plan, conduct, and analyze their experimental research and how to communicate the results of their research to others. This course will enablestudents to familiarise themselves with the critical evaluation of experimental data and their relations to current models of the human psyche.

Contents

1 Introduction: Development of Experimental Psychology
2 Psychophysics: Importance of Psychophysics; Absolute & Differential Thresholds; Psychophysical Methods; Theory of signal detection
3 Learning: Simple Learning and Conditioning; Classical versus instrumental conditioning; Basic factors in learning and performance; Role of reinforcement in learning; Contemporary theories of Learning; Transfer of training
4 Memory: Theories of Memory; Compartments of Memory; The storage and retrieval process; Transplantation of Memory; Memory Experiments; Mnemonics: ways of improving memory (Devices Mnemonics)
5 Thinking and Problem-Solving: Nature of Thinking; Concept formation; Imageless thought Controversy; Set and attitude as factors in Thinking; Creative Thinking; Theories of Thinking
6 Practical Work: Ten experiments out of the following list shall be performed by the students:
7 Meaningful vs. Nonsense Learning;
8 Retroactive Inhibition
9 Simple Reaction Time; Judgment of Time
10 Transfer of Training: Whole vs Part Learning
11 Trial Position Effect under Massed and Distributed Practice
12 Retention for Complete and Interrupted Task
13 Mapping Cutaneous Sense Spot
14 Mental Fatigue; Negative After Image
15 Thermal Adaptation

Recommended Text

1 Martin, D. W. (2008). *Doing psychology experiments.* Belmont, CA: Thomson-Wadsworth.
2 Postman, L., & Egan J. P. (2001). *Experimental psychology*. New Delhi: Kalyan Publishers.
3 Stevens, S. S. (2002). *Handbook of experimental psychology* (3rd ed.). London: John Wiley& sons.

Suggested Readings

1 Galotti, K. M. (2004). *Cognitive psychology in and out of laboratory* (3rd ed.)*.* Belmont, CA:Vicki Knight.

   Robert, J. S., & Karin, S. (2016). *Cognitive psychology* (7th ed.)*.* Boston: Cengage Learning.

PSYC-5107   **Educational Psychology**   **3 (3+0)**

This course provides intellectual, moral, and social instructions to students. This course examines the theoretical and applied aspects of learning, motivation, human development, personality, assessment, and evaluation in the educational setting. Content includes the study of learning theories and cognitive, emotional, and social learning processes that underlie education and human development, including affective processes and socialization. This course will help to provide a balanced view of educational psychology that blends theory and research about human learning and development and the implications for instructional methods and teacher behaviour. Emphasis is placed on developing skills to understand better learners to foster improved learning, influence and manage classroom learning and recognize and consider individual differences. It is designed to give you a basic understanding of human nature as it applies to education and should provide insights into further education courses in content, methodology, and practice. You can conduct an original research project or research on a current theory in Educational Psychology that includes strategies for critical thinking and problem- solving.

Contents

1   Introduction to Educational Psychology
2   Nature & Definition
3   The Role of Educational Psychologist
4   Teaching an Art, a Science, and a lot of Work
5   Individual Differences:
6   Learning Theories and Practical Application of Behavioral & Cognitive Approaches
7   Behavioural Views
8   Application in Classroom
9   Instructional Objectives
10   Teacher's Objectives, Student's Objectives, and Kind of Behavioral Objectives through:
11   Designs of Evaluation: Formulating Evaluation & its Stages and Summative Evaluation & itsMethods
12   Exceptional Children (Special Problems): Education for Exceptional Children and Problems of Slow & Fast Learners
13   Psychological Services; Guidance Specialist; School Counselor; Medical Specialist; Administrativepersonnel, Information and Occupational Services for Choosing a Career

Recommended Text

1   Salvin, R. E. (2018). *Educational psychology: Theory and practice*. (12th ed.). New York: PearsonPublishers
2   Ornstein, A. C., & Levine, D. U. Gutek, G., & Vocke, D. E. (2017). *Foundation of education* (13th ed.).London: Cengage Learning.

Suggested Readings

1   Derksin, J. (2015). *Design for how people learn* (12th ed.). Cambridge: New Riders.
2   Vassallo, S. (2017). *Critical educational psychology*. Hopkins: Johns Hopkins University Press.
3   Eggan, P., & Kauchak, D. (2016). *Educational psychology: windows on classrooms* (10th ed.). UpperSaddle River, N.J: Merrill Prentice Hall.

URCG-5111   **Translation of the Holy Quran – I**   **Non-Credit**

Topic	Details
Semester/Level	In some discipline 1st semester and in some discipline 2nd Semester/ ADP Program 1st Year
Course Code	URCG-5111
Course Title	Translation of the Holy Quran – I
Credit Hours	Non-Credit
Objectives	- To familiarize the students to keys and fundamentals of recitation of the holy Quran. - To develop the skill of the students of recitation the last revelation. - Students will learn the basic Arabic grammar in a practical way. - To develop an eagerness among the students to explore the last divine Book.
Course Contents:	تیسواں پارہ ۔ ناظرہ مع تجوید بنیادی عربی گرامر اسم اور اسکے متعلقات : اسم فاعل ،مفعول ،تفضیل ،مبالغہ فعل اور اسکی اقسام : ماضی ،مضارع، امر ، نہی حرف اور اسکی اقسام : حروف علت ،حروف جارہ ،مشبہ بالفعل
Memorization:	بالفعل تیسویں پارے کی آخری بیس سورتیں) حفظ مع ترجمہ

SEMESTER II

URCG-5112   **Fables, Wisdom Literature, and Epic**   **2(2+0)**

The course will enable students to explore human experiences, cultivate an appreciation of the past, enrich their capacity to participate in the life of their times, and enable an engagement with other cultures and civilizations, both ancient and modern. But independently of any specific application, the study of these subjects teaches understanding and delight in the highest achievements of humanity. The three components of the course, including fables, wisdom literature and epic, will enable the learners to explore and understand the classic tradition in literature. Development of personal virtue, a deep Sufi ethic and an unwavering concern for the permanent over the fleeting and the ephemeral are some of the key themes explored in the contents that will develop an intimate connection between literature and life.

Contents

1. Fables
     The Fables of Bidpai

       The Lion and the Bull
       The Ring-dove
       The Owls and the Crows

     Selected poem from Bang-i-Dara

2.   Gulistan-e- Sa'di
       Ten ḥikāyāt from John T. Platts, *The Gulistan*

3.   Epic
       THE SHĀHNĀMA OF FIRDAUSI

Recommended Texts

1. John T. P. (1876). *The Gulistan; or, Rose Garden of Shaikh Muslihu'd- Dīn Sa'dī of Shīrāz*. London: Wm. II. Allen.
2. Chishti, Y.S. (1991). *Sharaḥ-i bāng-i darā.* Lāhaur: Maktaba-i taʿmīr-i insāniyat

Suggested Readings

1.   Thackston, W. (2000). A Millennium of Classical Persian Poetry. Maryland: Ibex Publishers.
 2. Wood, R. (2013). Kalila and Dimna: Fables of Conflict and Intrigue. United Kingdom: Medina Publishing, Limited.

Course Description: This course will introduce students with the subject matter of social science, its scope, nature and ways of looking at social phenomenon. It will make the participants acquaintance with the foundations of modern society, state, law, knowledge and selfhood. While retaining a focus on Pakistani state and society, students will encounter theoretical concepts and methods from numerous social science disciplines, including sociology, politics, economics anthropology and psychology andmake them learn to think theoretically by drawing on examples and case studies from our own social context. Students will be introduced to the works of prominent social theorists from both western andnon-western contexts. Instruction will include the use of written texts, audio-visual aids and field visits.

Learning Outcomes: The course has following outcomes:It will
- Introduce student with the nature of human social behavior and foundations of human group life
- Analyze the reciprocal relationship between individuals and society.
- Make student aware with the nature of societies existing in modern world
- Make students familiar with the philosophy of knowledge of social sciences
- Introduce students with the works of prominent theories explain human group behavior
- Help students to understand the foundations of society including culture, socialization, politics and economy
- Introduce students with various dimensions of social inequalities with reference to gender, race, ethnicity and religion
- Make them aware about the understanding of various themes pertains to social science in local context
- Help them recognize the difference between objective identification of empirical facts, and subjective formulation of opinionated arguments

Course Outlines:
1. **Introduction to Social Sciences**
   - Social world, Human Social behavior, Foundations of society
   - Evolution of Social sciences
   - Philosophy of Science
   - Scope and nature of social sciences
   - Modernity and social sciences
   - Branches of social science: Sociology, Anthropology, Political Science, Economics

   Society and Community, Historical evolution of Society
   - Types of Societies
   - Foraging society, Horticultural society, Pastoralist society
   - Agrarian societies, Industrial society, Postindustrial society
2. Philosophy of Knowledge in social Science and social inquiry
   - Understanding social phenomenon
   - Alternative ways of knowing
   - Science as a source to explore social reality
   - Objectivity, Value-Free research
   - Positivism vs Interpretivism
   - Qualitative vs Quantitative
3. Culture and Society
   - Idea of Culture, Assumptions of Culture

- Types, Components, Civilization and culture
- Individual and culture. Cultural Ethnocentrism, Cultural Relativism
- Outlook of Pakistani culture
- Global Flows of culture, Homogeneity, Heterogeneity

4. Social Stratification and Social inequality
- Dimensions of inequality, Social class
- Gender, Race, Religion, Ethnicity, Caste
- Patterns of social stratification in Pakistan
- Class, caste system in agrarian society
- Ascription vs Achievement, Meritocracy
- Global stratification in modern world, Global patterns of inequality

5. Personality, Self and Socialization
- Concept of self, Personality
- Nature vs Nurture, Biological vs Social
- Development of Personality
- Socialization as a process, Agents of socialization
- Socialization and self/group identity

6. Gender and Power
- Understanding Gender
- Social construction of Patriarchy
- Feminism in Historical context, Gender Debates
- Gender and Development
- Gender issues in Pakistani society, Women Participation in politics, economy and education
- Toward a gender sensitive society, Gender mainstreaming

Pakistan: State, Society, Economy and Polity
- Colonialism, colonial legacy, National identity
- Transformation in Pakistani society: Traditionalism vs Modernism
- Economy, Informality of Economy, Modern economy and Pakistan
- Political Economy, Sociology of Economy

Recommended Textbooks and Reading Materials:

1. Giddens, A. (2018). Sociology (11th ed.). UK: Polity Press.
2. Henslin, J. M. (2018). Essentials of Sociology: A Down-to-Earth Approach.(18th Edition) Pearson Publisher.
3. Macionis, J. J. (2016). Sociology (16th ed.). New Jersey: Prentice-Hall.
4. Qadeer, M. (2006) Pakistan - Social and Cultural Transformation in a Muslim Nation.
5. Smelser, N.J. and Swedburg, R., The Handbook of Economic Sociology, Chapter 1 'Introducing Economic Sociology', Princeton University Press, Princeton.
6. Systems of Stratification | Boundless Sociology (no date). Available at: https://courses.lumenlearning.com/boundless-sociology/chapter/systems-of-stratification/
7. Jalal, A. (ed.) (1995) 'The colonial legacy in India and Pakistan', in Democracy and Authoritarianism in South Asia: A Comparative and Historical Perspective. Cambridge: Cambridge University Press (Contemporary South Asia)
8. Zaidi, S. A. (2015) Issues in Pakistan's Economy: A Political Economy Perspective. Oxford University Press. Chapter 26
9. Akhtar, A. S. (2017) The Politics of Common Sense: State, Society and Culture in Pakistan. Cambridge: Cambridge University Press.
10. Smelser, N.J. and Swedburg, R., The Handbook of Economic Sociology, Chapter 1 'Introducing Economic Sociology', Princeton University Press, Princeton.

Since ancient times, numbers, quantification, statistics and mathematics has played a central role in scientific and technological development. In the 21st century, Quantitative Reasoning (QR) skills are essential for life as they help to better understand socio-economic, political, health, education, and many other issues, an individual now faces in daily life. The skills acquired by taking this course willhelp the students to apply QR methods in their daily life and professional activities. This course will also change student's attitude about statistics and mathematics. It will not only polish their QR skills,but also enhance their abilities to apply these skills.

Contents

1. Introduction to quantitative reasoning
2. Overview of contributions of Mathematicians and Statisticians especially Muslim scholars.
3. Types of standard numbers
4. Proportions, rates, ratio and percentages
5. Odds and odds ratio
6. Scale of measurements
7. Number sequence and series
8. Unit analysis as a problem-solving tool
9. Data handling (small and large)
10. Data errors, absolute and relative and their applications
11. Descriptive statistics
12. Rules of counting: multiplication rule, factorial, permutation and combination
13. Probability and its application in real life
14. A graphical perspective through Venn Diagram
15. Financial indicator analysis, and money management (profit, loss, simple and compound interest)
16. Practical scenarios involving algebraic expressions: linear and quadratic

Recommended Texts

1. Akar, G. K., Zembat, İ. Ö., Arslan, S., & Thompson, P. W. (2023). *Quantitative Reasoning in Mathematics and Science Education*. 1st Ed., Springer, USA.
2. Peck, R., Olsen, C., & Devore, J. L. (2015). *Introduction to statistics and data analysis*. 5th Ed., Brooks Cole, USA.
3. Devlin, K. J. (2012). *Introduction to mathematical thinking*. Palo Alto, CA: Keith Devlin.

Suggested Readings

1. Triola, M. F., Goodman, W. M., Law, R., & Labute, G. (2006). *Elementary statistics*. Reading, MA: Pearson/Addison-Wesley.
2. Blitzer, R., & White, J. (2005). *Thinking mathematically*. Pearson Prentice Hall.

Seerat of the Holy Prophet (SAW)   URCG-5127   1(1-0)

<div dir="rtl">مطالعہ سیرت النبی صلی اللہ علیہ وسلم</div> Seerat of the Holy Prophet

Course Code : URCG-5127

Title	Description
Semester	
Nature of Course	
No. of C.Hrs.	1(1-0)
Total Teaching weeks	18
Objectives of the Course	<div dir="rtl">۱۔ طلباء کو مطالعہ سیرہ طیبہ کی ضرورت واہمیت سے آگاہ کرنا ۲۔ تعمیر شخصیت میں مطالعہ سیرہ طیبہ کے کردار کو واضح کرنا ۳۔ بعثت نبوی کے موقع پر اقوام عالم کی عمومی صورت حال سے آگاہ کرنا ۴۔ رسول اکرم صلی اللہ علیہ وسلم کی مکی اور مدنی زندگی کا اس طرح مطالعہ کروانا کہ طلباء ان واقعات سے نتائج کا استنباط کر سکیں ۵۔ طلباء کو عہد نبوی کی معاشرت، سیاست، معیشت سے آگاہ کرنا</div>

Course Description

S.No.	Title	Description
1	<div dir="rtl">حضور صلی اللہ علیہ وسلم کے ابتدائی حالاتِ زندگی</div>	<div dir="rtl">۱۔ حضور صلی اللہ علیہ وسلم کا خاندانی حسب و نسب ۲۔ پیدائش اور ابتدائی تربیت ۳۔ لڑکپن اور جوانی کے حالاتِ زندگی</div>
2	<div dir="rtl">بعثت نبوی کے وقت دنیا کے حالات (۱)</div>	<div dir="rtl">۱۔ بعثت نبوی کے وقت اہم تہذیبیں ۲۔ عرب، مصر، حبشہ، بازنطینی، ساسانی</div>
3	<div dir="rtl">بعثت نبوی</div>	<div dir="rtl">۱۔ مکی عہد میں دعوتِ اسلام</div>
4	<div dir="rtl">بعثت نبوی</div>	<div dir="rtl">۱۔ مدنی عہد میں دعوتِ اسلام</div>
5	<div dir="rtl">خصائص النبیؐ</div>	<div dir="rtl">آپؐ بطور پیغامبرِ امن</div>
6	<div dir="rtl">خصائص النبیؐ</div>	<div dir="rtl">بحیثیت استاد و معلم</div>
7	<div dir="rtl">خصائص النبیؐ</div>	<div dir="rtl">بحیثیت تاجر</div>
8	<div dir="rtl">خصائص النبیؐ</div>	<div dir="rtl">بحیثیت سربراہ ریاست</div>
9	<div dir="rtl">خصائص النبیؐ</div>	<div dir="rtl">ذاتی محاسن اور عالمگیر اثرات</div>

10	خصائص النبیؐ	ناموس رسالت
11	اسوہ حسنہ اور عصر حاضر	غیر مسلموں سے تعلقات
12	اسوہ حسنہ اور عصر حاضر	اسوہ حسنہ کی روشنی میں گھریلو زندگی
13	اسوہ حسنہ اور عصر حاضر	مستشرقین اور مطالعہ سیرت
15	اسوہ حسنہ اور عصر حاضر	وطن سے محبت اور سیرت
16	اسوہ حسنہ اور عصر حاضر	مستشرقین کے اعتراضات اوران کے جوابات

نصابی کتب

نام کتاب	نام مؤلف	نمبر شمار
السیرۃ النبویۃ	ابن ہشام	1
سیرۃ النبی صلی اللہ علیہ وسلم	مولانا شبلی نعمانی، سید سلمان ندوی	2
رحمۃ للعالمین	قاضی محمد سلیمان سلمان منصورپوری	3
نبی رحمت صلی اللہ علیہ وسلم	مولانا سید ابوالحسن علی ندوی	4
عہد نبوی کا نظام حکومت	ڈاکٹر یسین مظہر صدیقی	5
انسان کامل	ڈاکٹر خالد علوی	6

حوالہ جاتی کتب

نام کتاب	نام مؤلف	نمبر شمار
سیرت سرور عالم صلی اللہ علیہ وسلم	سید ابوالاعلیٰ مودودی	1
الرحیق المختوم	مولانا صفی الرحمن مبارکپوری	2
ضیاء النبی صلی اللہ علیہ وسلم	پیر محمد کرم شاہ الازہری	3
السیرۃ النبویۃ الصحیحۃ	ڈاکٹر اکرم الضیاء العمری	4
اصح السیر	مولانا عبدالرؤف دانا پوری	5

This course provides learners with an overview of the background of present-day psychology. The main objectives are to develop a basic understanding of the various processes of scientific development and transformation, become familiar with the chronological history of ideas that contribute to the field of psychology, and learn about the major figures and schools of thought in psychology's history. The course will emphasise the major systems (or schools) of psychology: structuralism, functionalism, behaviourism, psychoanalysis, and Gestalt psychology. This context will help us to examine the antecedents and development of psychology as a science and come to a systematic understanding of t he various perspectives in psychology. We will examine the persistent problems or questions of interest to psychologists and contemporary psychology's dominant paradigms and models. Throughout the course, we will emphasize methods of invest igation, the historical figures and forces (Zeitgeist) that shaped the theories and methods, and relevance to current conceptions of mind and behaviour.

Contents

1 Introduction, The Ancient World, Rome, and the Middle Ages.
2 Renaissance Science and Philosophy.
3 Empiricism, Sensationalism, and Positivism.
4 Rationalism, Romanticism, and Existentialism.
5 Physiology and Psychophysics.
6 Early Approaches to Psychology, Evolution, and Individual Differences.
7 American Psychology and Functionalism.
8 Behaviourism, Neo-behaviorism.
9 Gestalt psychology, Early Considerations of Mental Illness.
10 Psychoanalysis, Humanistic (Third-Force) Psychology.
11 Psychobiology, Cognitive Psychology.
12 Psychology Today: Status and Scope of Psychology in Pakistan in a contemporary context.
13 Contemporary Psychology

Recommended Text

1   Hergenhahn. B.R.,& Henley, T. (2013). *An introduction to the history of psychology,*(7th ed*.).*Canada: Pearson Ltd.

2   Schultz, D. P., & Schultz, S. E. (2016). *A history of modern psychology* (11th ed.). Boston: Cengage Learning publisher.

Suggested Readings

1   Leahey, T. H. (2012). *A history of psychology: From antiquity to modernity* (7th ed.). Canada: Pearson Education.

This course offers to review theory and research in social psychology and to apply its major principles to situations encountered in everyday life. This course will also help familiarise you with social psychology by discussing classic topics of study and experiments that have defined the field. You will be able to recognize and evaluate social, cultural, spiritual, and other types of diversity and discuss scientific research methods commonly used to investigate social psychological phenomena. You will think critically about the merits of research findings, theories, and conclusions and gain an informed perspective on how social situations influence behaviour in everyday settings. It will discuss the relevance of social psychological research for understanding human social behavior and apply that knowledge to one's personal growth and development. It will also demonstrate the utility of applying social psychological theory and research to real-world problems and issues for the benefit of society.

Contents

1   The Field of Social Psychology: Introduction, Current trends and future scope Conducting research insocial psychology
2   Self-Presentation and Social Perception: Non-verbal Behaviour, Attribution, Impression Management
3   Social Cognition: Schemas, Heuristics, Affect and Cognition
4   Behaviour and Attitudes, Cognition & attitude
5   Aspects of Social Identity: The self: Nature of the self, Self-concept, Social diversity, Self-esteem;Self-focusing, Self Monitoring, Self Efficacy; Gender: Maleness or femaleness
6   Social Influence: Conformity, Compliance, Obedience
7   Pro-social Behavior
8   Aggression /hurting others,
9   Prejudice and Discrimination
10 Interacting with others: Interpersonal Attraction - need, characteristics of other situations andproblems; Intimacy — Parent-child
11 Group Influence
12 Facilitation, Social loafing; Coordination in groups; Cooperation or conflict;
13 Leadership
14 Role of Media in Social Psychology: Perception, Persuasion, Propaganda, Portrayal of Role Models &Media and Agent of change
15 Social Psychology in action
16 A war against terrorism, Safety issues, and the role of media in society

Note: Each student shall prepare a report on any one issue concerning humanity e. g. i) Stereotypes ii) Health, iii) Law

Recommended Text

1   Branscombe, N. R., & Baron, R. A. (2017). *Social psychology* (14th ed.). Canada: Pearsoneducation.
2   DeLamater, J. D., & Myers, D. J., & Collett, J. L. (2015). *Social psychology* (8th ed.). NewYork: Westview Press.

Suggested Readings

1   Crisp, R. J. & Turner, R. N. (2014) *Essential social psychology* (3rd ed.). New York: SAGE PublicationsLtd.
2   Myers, D. G. & Twenge, J. (2019). *Social psychology* (13th ed.). New York: McGraw- Hill.

PSYC-6122   **Health Psychology**   **3 (3+0)**

This class is designed to introduce the basic concepts of Health Psychology. Students will be introduced to different medical disorders and diseases and the implications for the psychological health and impact on the psychological functioning of individuals with these disorders. Students will study physical limitations and adaptations. It will provide a theoretical foundation (i.e., bio-psycho-social) for exploring the relationship/interaction between biology, social, cognition, emotions, and behaviours within the reviewed topics, areas, and/or persons. This course will examine various medical conditions, including aetiology, prevention, and treatment. Psychological treatments for persons with disorders and physical limitations will be introduced. It covers aspects of the social environment that influence health and illness outcomes, including interactions between family members and healthcare consumers and healthcare providers. Topics covered will include depression and illness, traumatic injuries, neuromuscular diseases, cancer, and chronic pain. Also covered will be the use of psychological techniques to improve behaviours for wellness, including smoking cessation, proper nutrition, and exercise. Such treatment methods will include biofeedback, relaxation, and behavioural goal setting.

Contents

1 Historical Background: The changing field of medicine; the involvement of psychology
2 The modern concept of health and illness; Behavioral medicine and behavioural health; Definition, development, and scope of Health Psychology
3 Behavioural Medicine and psychological principles: The conditioning models; Observational learning; Cognitive learning
4 The biology of health and illness: The endocrine system, The reproductive system, The digestive and excretory system, The nervous system, The respiratory system, The cardiovascular system, The immune system
5 Psychological Interventions in Health Psychology
6 The psychology of sickness and well-being
7 Stress, coping, and health
8 Application of Health Psychology: Coronary heart disease (CHD); Cancer; Pain; AIDS; Diabetes Mellitus; Problems associated with women's reproductive health; Infertility; Obesity; Eating disorders: Bulimia and Anorexia Nervosa; Habit disorders: smoking and drinking; Sleep disorders
9 Health Psychology for better hospital/ clinic setting: The hospital environment; Doctor-patient communication

Recommended Text

1 Taylor, S. E. (2018). *Health psychology* (10th ed.). New York: McGraw-Hill.
2 Dimatteo M. R., & Martin, L. R., & Zolnierik, K.B. (2010). *Health behaviour change and treatment adherence: Evidence-based guidelines for improving healthcare.* New York: Oxford University Press.

Suggested Readings

1 Friedman, H. S. (2011). *The oxford handbook of health psychology.* New York: Oxford University Press.
2 Ghane, A., & Sweeny, K. (2012). *Embodied health: A guiding perspective for research in health psychology.* Department of Psychology, University of California, Riverside, CA, USA.

3   Ogden, J. (2012). *Health psychology* (5th ed.). UK: McGraw-Hill Education.

URCG- 5119   Expository Writing   3 (3-0)

This course prepares undergraduates to become successful writers and readers of English. The coursehelps students develop their fundamental language skills with a focus on writing so that they can gainthe confidence to communicate in oral and written English outside the classroom. The course is dividedinto five units and takes a Project-based Learning approach. Unit themes target the development of 21stcentury skills and focus on self-reflection and active community engagement. The course completion will enable the students to develop communication skills as reflective and self-directed learners. Theywill be able to intellectually engage with different stages of writing process, and develop analytical and problem-solving skills to address various community-specific challenges.

Contents

1. Self-Reflection
   - Introduction to the basics of the writing process
   - Introduction to the steps of essay writing
   - Prewriting activities: Brainstorming, listing, clustering and freewriting
   - Practicing Outlining of the essay
2. Personalized Learning
   - Learning Process, Learning Styles, Goal Setting and Learning Plan
3. Oral Presentation
   - Structure and Significance, Content Selection and Slide Presentation, Peer Review
4. Critical Reading Skills
   - Introducing Authentic Reading (Dawn and non-specialist academic books/texts)
   - Reading Strategies and Practice: Skimming, scanning, SQW3R, Annotating, Detailed reading and note-taking, Standard Test Practice: TOEFL and IELTS, Model Review Reports and Annotated Bibliographies
5. Community Engagement
   - Student-led brainstorming on local versus global issues, Identifying research problems
   - Drafting research questions, Drafting interview/survey questions for community research (in English or L1)
   - Engaging students in Critical reading, Presenting interview/ survey information, Field work
   - Writing Community Engagement Project
6. Letter to the Editor
   - Types of letters, Format and purpose of letter to the editor, Steps in writing letter-to-editor

Recommended Texts

1. Bailey, S. (2011). Academic writing: A handbook for international students (3rd ed.). New York: Routledge.
2. Swales, J. M., & Feak, C. B. (2012). *Academic writing for graduate students: Essential tasks and skills* (3rd ed.). Ann Arbor: The University of Michigan Press.

Suggested Readings

1. Cresswell, G. (2004). *Writing for academic success*. London: SAGE.
2. Johnson-Sheehan, R. (2019). *Writing today*. Don Mills: Pearson.
3. Silvia, P. J. (2019). *How to write a lot: A practical guide to productive academic writing*. Washington: American Psychological Association.

This course is based on quantitative reasoning 1 course. It will enhance the quantitative reasoning skills learned in quantitative reasoning 1 course. Students will be introduced to more tools necessary for quantitative reasoning skills to live in the fast paced 21st century. Students will be introduced to importance of statistical and mathematical skills in different professional settings, social and natural sciences. These quantitative reasoning skills will help students better participate in national and international political and health issues. This course will prepare the students to apply quantitative reasoning tools more efficiently in their professional and daily life activities. This course will help them to better understand the information in form of numeric, graphs, tables, and functions.

Contents

1. Types of data and its graphical representation (Histogram, Stem and Leaf display, Box Plot, Scatter diagram, Historigam, Bar chart, etc)
2. Solving practical problems using linear and exponential models
3. Population growth models
4. Analytical approach to solve simultaneous equations
5. Inequalities and their application
6. Comparing quantities using analytical tools
7. Logical reasoning and their application in modern age
8. Logical reasoning and decision making
9. Data tendencies via measure of location
10. Variability and Measure of dispersion
11. Measuring relationships via Regression analysis and correlation
12. Statistical inference: sampling techniques, estimation techniques and hypothesis testing for decision and policy making

Recommended Texts

1. Akar, G. K., Zembat, İ. Ö., Arslan, S., & Thompson, P. W. (2023). *Quantitative Reasoning in Mathematics and Science Education*. 1st Ed., Springer, USA.
2. Sharma, A. K. (2005). *Text book of elementary statistics*. Discovery Publishing House.
3. Blitzer, R. (2014). *Precalculus*, 5th Ed.. Pearson Education, Limited. New York

Suggested Readings

1. Gupta, S. C., & Kapoor, V. K. (2020). *Fundamentals of mathematical statistics*. 12th Ed, Sultan Chand & Sons.
2. Aufmann, R. N., Lockwood, J., Nation, R. D., & Clegg, D. K. (2007). *Mathematical thinking and quantitative reasoning*. Cengage Learning
3. Blitzer, R., & White, J. (2005). *Thinking mathematically*. Pearson Prentice Hall.

Course Description:

This course focuses on ideological background of Pakistan. The course is designed to give a comprehensive insight about the constitutional developments of Pakistan. Starting from the Government of India Act, 1935 till to date, all important events leading to constitutional developmentsin Pakistan will be the focus of course. Failure of the constitutional machinery and leading constitutional cases on the subject. Moreover, students will study the process of governance, national development, issues arising in the modern age and posing challenges to Pakistan. It will also cover theentire Constitution of Pakistan 1973. However, emphasis would be on the fundamental rights, the nature of federalism under the constitution, distribution of powers, the rights and various remedies, thesupremacy of parliament and the independence of judiciary

Outline:

- **Ideology of Pakistan**
  Ideological rationale with special reference to Sir Syed Ahmed Khan, Allama Muhammad Iqbal and Quaid-e-Azam Muhammad Ali Jinnah.
  Two Nation Theory and Factors leading to Muslim separatism.
- Constitutional Developments
  Salient Feature of the Government of India Act 1935
  Salient Feature of Indian Independence Act 1947
  Objectives Resolution
  Salient Feature of the 1956 Constitution
  Developments leading to the abrogation of Constitution of 1956
  Salient features of the 1962 Constitution
  Causes of failure of the Constitution of 1962
  Comparative study of significant features of the Constitution of 1956, 1962 and 1973
- Fundamental rights
- **Principles of policy**
- **Federation of Pakistan**
  President
  Parliament
  The Federal Government
- Provinces
  Governors
  Provincial Assemblies
  The Provincial Government
- The Judicature
  Supreme
  CourtHigh
  Courts
  Federal Shariat Courts
  Supreme Judicial
  Council
  Administrative Courts and tribunals
- Islamic Provisions in Constitution
- **Significant Amendments of Constitution of Pakistan 1973**

Recommended Books:

1. Constitutional and Political History of Pakistan by Hamid Khan
2. Mahmood, Shaukat and Shaukat, Nadeem. Constitution of the Islamic Republic

of Pakistan, 3rd re edn. Lahore: Legal Research Centre, 1996.

3. Munir, Muhammad. Constitution of the Islamic Republic of Pakistan: Being a Commentary on the Constitution of Pakistan, 1973. Lahore, Law Pub., 1975.

4. Rizvi, Syed Shabbar Raza. Constitutional Law of Pakistan: Text, Case Law and Analytical Commentary. 2nd re edn. Lahore: Vanguard, 2005.

5. The Text of the Constitution of the Islamic Republic of Pakistan, 1973 (as amended).

6. Fundamental Laws of Pakistan by A.K. Brohi

PSYC-6231   **Environmental Psychology**   **3(3-0)**

Course Objectives: To provide learners with an overview of the environmental influences on human personality. To explores the principal concepts and tools of contemporary environmental psychology

Learning Outcomes:

♦ The students will attain an overview of the environmental influences on human personality.

♦ They will be able to explores the principal concepts and tools of contemporary environmental psychology

Course Contents

♦ Importance and Application of Subject in Daily Life

♦ Environmental Men (Evaluation and Anthropology)

♦ Historical Attitudes toward the Natural Environment

♦ Environment Perception and the Use of Natural Environment

♦ Social Interaction and the Environment

♦ Impact of Environment on Personality Development and Individual Differences.

♦ Mob and Group Behavior in Environmental and Cultural Variances

♦ Environmental Changes and Stress

♦ The City as an Unnatural Habits

♦ Impact of Environment in its Incumbents

♦ Nature and Environment Changes in Rural and Urban Areas

♦ Catastrophes and Human Adjustment to Meet the Future Challenges

♦ Impact of Environment Changes in Industrial and Geographical Development

♦ The Built Environment and Human Adjustment

♦ Further Plans, Cities and Global Interaction in Reference to Entranced Issues

♦ Environment and Adjustment, Gender, Age Job Family, Fashion, Religion Society.

Text Books:

1. Gillford, R. (2013). Environmental Psychology: Principles and Practice (5th edition). Wordpress.
2. Cassidy, T. (2013). Environmental psychology: Behaviour and Experience In Context. Hoboken : Taylor and Francis.

Recomemded Readings:

1. Sternberg, E. M. (2010). Healing Spaces: The Science of Place and Well-Being. Belknap Press
Bechtel, R. B. & Churchman, A. (2002). Handbook of Environmental Psychology. New York: Wiley.

PSYC- 6134   **Positive Psychology**   **3 (3 + 0)**

This course offers students a comprehensive history and perspectives of Positive Psychology. Moreover, to gain a greater understanding of how Positive Psychology can develop and be promoted over one's lifetime. Positive Psychology focuses on how to live a meaningful and fulfilling life, cultivate what is best within people, and enhance people's experiences of love, work, and play. Main objectives of this course are to: tell about the attitudes, choices/values of a Positive Psychology lifestyle and will gain a greater understanding of the strengths that characterize the mentally healthy individual, tell how Positive Psychology applies in the workplace, home, schools, and other settings, and gain a greater understanding of the research basis of the efficacy of the characteristics promoted by Positive Psychology. Positive psychology is the scientific study of the strengths that enable individuals and communities to thrive. This course will provide an introduction to positive psychology. Students explore the concepts, the research behind the concepts, cognitions, and practices that enhance well- being.

Contents

1   Positive Psychology: An Introduction
2   Subjective Well-being & Happiness
3   Flow & Savoring
4   Character Strengths & Optimism
5   Positive Illusions and Playfulness.
6   Creativity, Giftedness & Industry
7   Judgment, Wisdom & Fairness
8   Emotional Intelligence & Prudence
9   Religion, Spirituality & Transcendence
10   Love, Kindness & Healthy Relationships
11   Gratitude & Zest
12   Hope, Modesty & Forgiveness
13   Altruism & Empathy & Social Intelligence
14   Self -efficacy and Positive Development
15   Cross-cultural Positive Psychology
16   Positive Psychology, Positive Prevention, and Positive Therapy
Note: Students are required to design and conduct a workshop on any aspect of positive psychology.

Recommended Text

1   Seligman, M. (2011). *Flourish.* New York: Free Press.
2   Ilona Boniwell (2008). *Positive psychology in a nutshell: The science of happiness.* London: Personal Well-Being Centre.

Suggested Readings

1   Seligman, M. E. (2002). Positive psychology, positive prevention, and positive therapy. *Handbook of positive psychology*. London: Oxford University Press.
2   Peterson, P. (2006). *A primer in positive psychology*. London: Oxford University Press.
3   Lyubomirsky, S. (2008). *The how of happiness*. New York: The Penguin Press.

PSYC-5104　　　　　　　**Sports Psychology**　　　　　　　**3(3+0)**

This course provides an overview of team spirit and group dynamics. The course will help students understand various modes of exercises (mental and physical) for ensuring optimal morale and the psychologist's role in initiating and sustaining optimal motivation on and off the ground. Sport Psychology is the scientific study of how individuals behave in sport and exercise and the practical application of that knowledge to performance enhancement strategies. Students in this course will investigate human behaviour patterns in sports and exercise settings. An overview of the principles of psychology as applied to sport, exercise, and recreational activity for enhanced interactions and performance. This course will examine elements of sport psychology such as anxiety, self- confidence, motivation and goal setting, leadership, and group dynamics with sports and recreational activities.

Contents

1. Introduction to Sports Psychology: Definition, history, and role of sport psychologist?
2. Personality characteristics and sporting behaviour: Trait theories, Narrow-band theories, Attentional style, Situational and interactional approaches
3. Personality Development and Sport: Social learning theory, Sources of influence on social development and sport, Gender and sport, Sport as an influence on social development, The psychodynamic approach to personality development
4. Attitudes to Sport: The nature, formation, and measurement of attitudes to sport, Attitudes to competition, sport and sporting behaviour, Changing people's attitudes to sport
5. Aggression and Sport: Definition & link between aggression and performance, Theories of aggression, Individual differences & Situational factors affecting aggression, The reduction of aggression
6. Social factor in sporting performance: Groups and teams, Social facilitation, Negative effects of team membership, Leadership
7. Arousal, anxiety and sporting performance: Definitions and factors of arousal, anxiety, and stress, The relationship between arousal and performance, The relationship between anxiety and performance, Stress management
8. Motivation and Sports: Intrinsic and extrinsic motivation, Theories of motivation, Self-efficacy, Counterfactual thinking, Pathological motivation and sport

Recommended Text

1. Zoltan, A. (2016). *The invisible game: The mindset of a winning team.* (1st ed.). Amazon DigitalService: Independent Publishing Platform.

2. Jarvis, M. (2006). *Sports psychology: A revised student's handbook.* London: Taylor & Francis Library.

Suggested Readings

1. Lavallee, D., Kremer, J., Moran, A., & Williams, M. (2012). *Sport psychology: Contemporary themes*. Houndmills, Basingstoke, Hampshire, New York: Macmillan International Higher Education.

2. Andersen, B. M., & Hanrahan, S. J. (2015). *Doing sport psychology*. Washington, DC: Human Kinetics.

URCG-5111 **Translation of the Holy Quran- II** **Non-Credit**

Topic	Details
Semester/Level	In some discipline 3rd semester and in some discipline 4th Semester/ ADP Program 2nd Year
Course Code	URCG-5111
Course Title	Translation of the Holy Quran – II
Credit Hours	Non-Credit
Objectives	▪ Students will come to know about the real nature, significance and relevanceof the Islamic beliefs in light of the text of the Holy Quran. ▪ Students will seek knowledge of translation and transliteration of the Holy Book Quran. ▪ To familiarize the students with the concept of Ibādah (Its significance, scope and relevance) and its types in Islam. ▪ Students will learn literal and idiomatic way of translation of the Holy Book. ▪ Students will learn about the polytheism and its incompatibility in Islam highlighted by the Holy Quran. ▪ To highlight the significance of learning through using all human faculties provided by the almighty Allah and familiarize the students about condemnation of ignorance mentioned in the Quranic text. ▪ To develop Awareness among the students about rights and duties of different circles of society in the light of Holy Quran. ▪ To introduce the students to Quranic Arabic grammar in practical manner.
Course Contents:	○ایمانیات اور عبادات ہللا پر ایمان ،فرشتوں پر ایمان ،رسولوں پر ایمان ،آسمانی کتابوں پر ایمان یوم آخرت پر ایمان ، تقدیر پر ایمان نماز ،روزہ ،زکوۃ،حج ،جہاد ○معاشرے کے حقوق ●خاندان کی تکوین ●حق مہر ●رضاعت و حمل ●اوالد کو قتل کرنے کے ممانعت ●شوہرکی نافرمانی ●طالق ● بیوہ کی عدت کے احکام ●نکاح کا پیغام بھیجنا ●عورت کی وراثت (اس کے شوہر کی طرف سے) ●والدین کے حقوق ●بیویوں اور اوالد کے بیچ عداوت ○خاندان کے حقوق ●مہمان کی عزت ● اجازت طلب کرنے کے اصول ●مجلس کے آداب ●تعاون اور بھائی چارہ ●گروہ بندی ●محبت ● لوگوں کے درمیان صلح ●عفو ودرگزر، غصہ پر قابو اور معاف کرنا ●شعوب و قبائل ●لوگوں کے بیچ اختالفات ●حمایت و نگہبانی
Grammar:	●قرآنی عربی گرامر کے اصول اور انکے اطالقات)متن قرآنی پر اطالق سے Grammar توضیحات)
	نُوضیحات (
Details of Chapters and verse Numbers:	❖منتخب آیات مع ترجمہ وتجوید ❖ البقرہ)،۷۷۸، ۸۵۴، ۲۳، ۷۲۸، ۷۱۸، ۷۴۸، ۷۱۸، ۷۲۸، ۴۸، ۷۴۳، ۷۱۱، ۸۴۱، ۷۸۴، ۷۱، ۸۳۷، ۲۱، ۸۷۸، ۸۲۸، ۸۲۳، ۸۲۵، ۷۱۲، ۷۲۱، ۷۵۲، ۷۲۸، ۱۱، ۸۱، ۸۸۸ (۱۲) ۷۲۴، ۸۸۲، ۲۳، ۱۷، ۸۱، ۸۴۲، ۷۸۵، ۳۵، ❖آل عمران)،۷۴۵، ۷۵، ۸۵، ۷۲۴، ۷۳۸، ۷۵۲، ۷۳۵، ۷۵۴، ۷۱، ۸۱۱، ۷۸۴، ۷۳۳ (۷۴۲) ۷۵۱، ۷۵۷، ۱۲، ۸۲، ۷۱۵، ۷۱۵، ۷۷۵، ❖النساء)،۷۳۴، ۸۳، ۸۸، ۷۱۲، ۷۱۱، ۷۱۴، ۴۵، ۸۱، ۸۱، ۷۱۳، ۳۲، ۸۴، ۸۵، ۵۱ (۸۵، ۴۱ ❖المائدہ)،۴۲، ۴۱، ۲۳، ۷۳، ۲، ۵۷، ۷۲ ❖)النحل)،۷۸۲،۲۱، ۷۱۴، ۷۷۳، ۳۱، ۷۸۲ ۷۸۴ ❖)الرعد) ۸۴، ۸۱، ۸۵، ۸۸، ۲ ❖) العراف)،۳۷، ۲۲، ۴۷، ۷۵۲، ۵۱، ۸۱، ۵، ۷۵۵، ۷۲۲، ۲۴ ۲۷ ❖)القصص)،۴۵ ۲۵ ❖ فصلت)۳۵ ❖)النعام)،۳۸، ۱۱، ۱۱۱، ۷۳۱، ۷۴۴ ۷۲۱ ❖)النمل)،۲۱ ۵۲ ❖)الحج)،۳۱، ۴۲، ۲۱، ۲۲، ۱۱ ❖)الحجرات)،۲، ۷۷، ۲ ،۷۷، ۳، ۷۸، ۷۴ ۷۱ ❖)الحزاب)،۸۳، ۴۱، ۴۲، ۴۲، ۴۸، ۴۴، ۴۲، ۳۴، ۳۴ ۸۵ ❖)الحشر)۲ ❖) طہ)۱۸ ❖)النعام)،۷۲۵، ۷۵۷، ۷۷۲، ۷۴۷، ۲۳، ۷۸۱ ❖)ق)۳۵ ❖)النفال)،۸۱، ۵۲ ۲۷ ❖) الفتح)۷۴ ❖)یونس)،۷۱، ۷۲، ۷۸، ۲۲، ۸۸ ۸۸ ❖)الفرقان)،۲۳، ۸۷، ۲۱ ۲۳ ❖)النور)،۸۳، ۲، ۵، ۳۱، ۳۷، ۳۳، ۳۳، ۲۷، ۳۷ ۸۸ ❖)لقمان)،۲، ۳۳، ۷۲ ۳۸، ۷۲ ❖)السراء)،۳۱، ۷۷۱، ۴، ۳۱ ❖)المزمل)۷۲ ❖)المدثر)،۲ ۵ ❖)المدثر)۱۵ ❖)فاطر)۳۸ ❖)الفتح)۸۲ ❖)البلد)۷۱ ❖) الزمر)،۳، ۷۱ ❖)الحجر)۲۴ ❖)النجم)۳۷ ❖)الرحٰمن)۲۱ ❖)ہود)،۲، ۷۱۸، ۳ ❖)الکہف)،۸، ۴۲ ❖)الشورى)۳۱ ❖)غافر)،۸۲، ۸۱ ❖)الحدید)،۸۱، ۸۱ ❖)مریم)۴۲ ❖)النازعات)۵۷ ❖) التوبہ)،۲۴، ۲۵ ۱۱ ❖)الہمزہ)۷(

SEMESTER IV

URCG-5114   **Course –I: Basic Science**   **3 (2-1)**

Life, its characteristics, natural science, biology and its branches; Importance of Flora & Fauna in biodiversity; Importance of Natural Compounds in daily life, medicine and human health; Latest developments in natural sciences (Biotechnology); Ecosystem and its components; Environment and its components; Pollutants and their effect on the environment (Greenhouse effect, global warming, acid rains, water pollution and ozone depletions etc); Introduction to micro-organism and its types (bacteria, fungi, viruses)

Practical:

1: Field Survey of Flora & Fauna and their

identification2: Study of herbarium

3: Study of Museum

Recommended Texts.

l. Keddy, P.A. *(2017). Plant ecology origins, processes, consequences.* Cambridge, University Press.

2. Canadell, J.G., Diaz, S., Heldmaier, G., Jackson, R.B., Levia, D.F., Schulze, E.D. & Sommer, U. (2019). *Ecological studies.* Springer.

3. Bhat, S.V., Nagasampagi, B.A. & Sirakumar, M. (2006). Chemistry of Natural Products. Springer Science

4. De, A.K. (2019). *Environmental Chemistry*. New Age International Press

Suggested Books

l. Fath, B. (2018). *Encyclopedia of' ecology.* Elsevier.

2. Ajith, H .. Urmas. P., Pastur, G. M & Iversion L. R. (2018). *Ecosystem services from forest landscpes:* broadsclaes consideration. 1stEdition. Springer International Publishing AG.

3. Xu, R., Ye, Y. & Zhao, W. (2011). *Introduction to Natural Product Chemistry*. CRC Press

4. Tayler, D.J., Green, N.P.O. & Stout, G.W. (1997). *Biological Science* 1&2. Cambridge University Press

5. Tayler, M.R., Simon, E.J., Dickey, D.J. & Hogan, K.A. (2020). *Campbell Biology: Concepts & Connections* (10th Edition). Pearson

This course addresses the unique entrepreneurial experience of conceiving, evaluating, creating, managing, and potentially selling a business idea. The goal is to provide a solid background with practical application of important concepts applicable to the entrepreneurial environment. Entrepreneurial discussions regarding the key business areas of finance, accounting, marketing and management include the creative aspects of entrepreneurship. The course relies on classroom discussion, participation, the creation of a feasibility plan, and building a business plan to develop a comprehensive strategy for launching and managing a new venture.

Course Learning Objectives

1. To enhance the 'entrepreneurial intentions' of the students by improving their natural willingness to start a business.
2. To understand the process of entrepreneurship and learn the ways to manage it by working individually in the class and in the form of groups outside the class to conduct field assignments.
3. To educate the students about the practical underpinnings of the entrepreneurship with the aid of practical assignments and idea pitching.

Contents

1. **Background:** What is an Organization, Organizational Resources, Management Functions, Kinds of Managers, Mintzberg's Managerial Roles.
2. **Forms of Business Ownership:** The Sole proprietorship, Partnership, Joint Stock Company
3. **Entrepreneurship:** The World of the Entrepreneur, what is an entrepreneur? The Benefits of Entrepreneurship, The Potential Drawbacks of Entrepreneurship, Behind the Boom: Feeding the Entrepreneurial Fire.
4. **The Challenges of Entrepreneurship:** The Cultural Diversity in Entrepreneurship, The Power of "Small" Business, Putting Failure into Perspective, The Ten Deadly Mistakes of Entrepreneurship, How to Avoid the Pitfalls, Idea Discussions & Selection of student Projects, Islamic Ethics of Entrepreneurship.
5. **Inside the Entrepreneurial Mind:** From Ideas to Reality: Creativity, Innovation, and Entrepreneurship, Creativity – Essential to Survival, Creative Thinking, Barriers to Creativity, How to Enhance Creativity, The Creative Process, Techniques for Improving the Creative Process, Protecting Your Ideas, Idea Discussions & Selection of student Projects.
6. Products and technology, identification opportunities
7. **Designing a Competitive Business Model and Building a Solid Strategic Plan:** Building a strategic plan, Building a Competitive Advantage, The Strategic Management Process, Formulate strategic options and select the appropriate strategies, Discussion about execution of Students' Project.
8. **Conducting a Feasibility Analysis and Crafting a Winning Business Plan:** Conducting a Feasibility Analysis, Industry and market feasibility, Porter's five forces model, Financial feasibility analysis. Why Develop a Business Plan, The Elements of a Business Plan, What Lenders and Investors Look for in a Business Plan, Making the Business Plan Presentation.
9. **Building a Powerful Marketing Plan:** Building a Guerrilla Marketing Plan, Pinpointing the Target Market, Determining Customer Needs and Wants Through Market Research. Plotting a Guerrilla Marketing Strategy: How to Build a Competitive Edge, Feed Back & Suggestions on Student Project, Islamic Ethics for Entrepreneurial Marketing
10. **E-Commerce and the Entrepreneur:** Factors to Consider before Launching into E-Commerce, Ten Myths of E-Commerce, Strategies for E-Success, Designing a Killer Web Site, Tracking Web Results, Ensuring Web Privacy and Security, Feed Back & Suggestions on Student Project.
11. **Pricing Strategies:** Three Potent Forces: Image, Competition, and Value, Pricing Strategies and Tactics, Pricing Strategies and Methods for Retailers, The Impact of Credit on Pricing

12. **Attracting Venture Capitalist:** Projected Financial Statements, Basic Financial Statements, Ratio Analysis, Interpreting Business Ratios, Breakeven Analysis, Feed Back &Suggestions on Student Project,
13. **Idea Pitching:** Formal presentation, 5-minutes pitch, funding negotiation and launching.

Recommended Texts:

1. Scarborough, N. M. (2011). *Essentials of entrepreneurship and small business management.* Publishing as Prentice Hall, One Lake Street, Upper Saddle River, New Jersey 07458..

Suggested Readings:
1. Burstiner, I. (1989). S*mall business handbook*. Prentice Hall Press.

Course Description:

The Civics and Community Engagement course is designed to provide students with an understanding of the importance of civic participation, culture and cultural diversity, basic foundations of citizenship,group identities and the role of individuals in creating positive change within their communities. The course aims at developing students' knowledge, skills and attitudes necessary for active and responsiblecitizenship.

Learning outcomes

After completing this course, students will be able to
- Understand the concepts of civic engagement, community development, and socialresponsibility.
- Understand rights and responsibilities of citizenship
- Understand cultural diversity in local and global context
- Analyze the significance of civic participation in promoting social justice, equity, and
- democracy.
- Examine the historical and contemporary examples of successful civic and communityengagement initiatives.
- Identify and assess community needs, assets, and challenges to develop effective strategiesfor community improvement.
- Explore the ethical implications and dilemmas associated with civic and communityengagement.
- Develop practical skills for effective community organizing, advocacy, and leadership.
- Foster intercultural competence and respect for diversity in community engagement efforts.
- Collaborate with community organizations, stakeholders, and fellow students to design andimplement community-based projects.
- Reflect on personal growth and learning through self-assessment and critical analysis ofcommunity engagement experiences.

Course Content:

Introduction to Civics & Community Engagement

- Overview of the course: Civics & Community Engagement
- Definition and importance of civics
- Key concepts in civics: citizenship, democracy, governance, and the rule of law
- Rights and responsibilities of citizens
    - Citizenship and Community Engagement
- Introduction to Active Citizenship: Overview of the Ideas, Concepts, Philosophy and Skills
- Approaches and Methodology for Active Citizenship
    - Identity, Culture, and Social Harmony
- Concept and Development of Identity, Group identities
- Components of Culture, Cultural pluralism, Multiculturalism, Cultural Ethnocentrism, Cultural relativism, Understanding cultural diversity, Globalization and Culture, Social Harmony,
- Religious Diversity (Understanding and affirmation of similarities & differences)
- Understanding Socio-Political Polarization
- Minorities, Social Inclusion, Affirmative actions
    - Multi-cultural society and inter-cultural dialogue
- Inter-cultural dialogue (bridging the differences, promoting harmony)
- Promoting intergroup contact/ Dialogue
- Significance of diversity and its impact

- Importance and domains of Inter-cultural dialogue

  - Active Citizen: Locally Active, Globally Connected
- Importance of active citizenship at national and global level
- Understanding community
- Identification of resources (human, natural and others)
- Utilization of resources for development (community participation)
- Strategic planning, for development (community linkages and mobilization)
  - Human rights, constitutionalism and citizens' responsibilities
- Introduction to Human Rights
- Human rights in constitution of Pakistan
- Public duties and responsibilities
- Constitutionalism and democratic process
  - Social Institutions, Social Groups, Formal Organizations and Bureaucracy
- Types of Groups, Group identities, Organizations
- Bureaucracy, Weber's model of Bureaucracy
- Role of political parties, interest groups, and non-governmental organizations

  - Civic Engagement Strategies
- Grassroots organizing and community mobilization
- Advocacy and lobbying for policy change
- Volunteerism and service-learning opportunities
  - Social issues/Problems of Pakistan
- Overview of major social issues of Pakistani society
  - Social Action Project

Recommended Books:

1. Kennedy. J. K., & Brunold, A. (2016). Regional context and Citizenship education in Asia andEurope. New Yourk: Routledge, Falmer.
2. Henslin, James M. (2018). Essentials of Sociology: A Down to Earth Approach (13th ed.). NewYork: Pearson Education
3. Macionis, J. J., & Gerber, M.L. (2020). Sociology. New York: Pearson Education

Reference Books:
1. Glencoe McGraw-Hill. (n.d.). Civics Today: Citizenship, Economics, and Youth.
2. Magleby, D. B., Light, P. C., & Nemacheck, C. L. (2020). Government by the People (16th ed.).Pearson.
3. Sirianni, C., & Friedland, L. (2005). The Civic Renewal Movement: Community-Building andDemocracy in the United States. Kettering Foundation Press.
4. Bloemraad, I. (2006). Becoming a Citizen: Incorporating Immigrants and Refugees in the UnitedStates and Canada. University of California Press.
5. Kuyek, J. (2007). Community Organizing: Theory and Practice. Fernwood Publishing.
6. DeKieffer, D. E. (2010). The Citizen's Guide to Lobbying Congress. TheCapitol.Net.
7. Rybacki, K. C., & Rybacki, D. J. (2021). Advocacy and Opposition: An Introduction toArgumentation (8th ed.). Routledge.
8. Kretzmann, J. P., & McKnight, J. L. (1993). Building Communities from the Inside Out: A PathTowards Finding and Mobilizing a Community's Assets. ACTA Publications.
9. Patterson, T. E. (2005). Engaging the Public: How Government and the Media Can ReinvigorateAmerican Democracy. Oxford University Press.
10. Love, N. S., & Mattern, M. (2005). Doing Democracy: Activist Art and Cultural Politics. SUNYPres

PSYC-6109   **Cross-Cultural Psychology**   **3(3+0)**

This course will comprehensively review important landmarks in cross-cultural research, showing how culture impacts people and human development. The course will emphasize empirical approaches to cross-cultural study and explain the importance of culture in human cognition, language, parenting, and child development. Students will gain an understanding of interconnectedness, difference, and diversity in a global society. The course examines sociocultural variation in children's development and its implications for working with children and families in educational and other applied settings. The main purpose of this class is to provide youwith a broad introduction to the methodological foundations and tools to study mass communications. It will help students apply an awareness of global issues to consider individual or collective responsibilities within a global society. Students will participate in projects that explore the concept of culture and its relationship to psychological development. Students will learn to appreciate how one's behaviour, thinking, emotion, language, health/ resilience, and development are cultural products.

Contents

1   Introduction to cross-cultural psychology: What is cross-cultural psychology?
2   Goals of cross-cultural psychology
3   Relationships with other disciplines
4   Ethnocentrism in psychology
5   A general framework for cross-cultural psychology
6   Similarities and differences in behaviour across cultures
7   Cultural transmission and individual development
8   Social behaviour, Personality, Cognition, Language, Emotion, Perception
9   Pursuing relationships between behaviour and culture research strategies
10   Approaches from cultural anthropology
11   Biology and culture
12   Methodological concerns
13   Theoretical issues in cross-cultural psychology
14   Applying research findings across cultures
15   Acculturation and intercultural relations
16   Organizations and work
17   Communication and training
18   Health behaviour
19   Psychology and the majority of the world

Recommended Text

1   Matsumoto, D. & Juang, L. (2017). *Culture and psychology* (6th ed.). New York: Cengage Learning.

2 Shiraev, E. B., & Levy, D. A. (2017). *Cross-cultural psychology: Critical thinking and contemporary application* (6th ed.). New York: Routledge.

Suggested Readings

1 Dasen, P. R. (2012). Emics and ethics in cross-cultural psychology: Towards convergence in the study of cognitive styles. In T.M.S. Tchombe, A. B. Nsamenang, H. Keller & M. Fülöp (Eds.), *Cross-cultural psychology: An Africentric perspective*. Cameroon: Design house.

PSYC-6133   **Parapsychology**   **3(3-0)**

This course basically defines & evaluate criteria for paranormal phenomena. Enables students to recognize and categorize common paranormal phenomena. This course describes common explanations for the etiology of paranormal phenomena. Main objective of course is to outline effective research methods to investigate specific paranormal phenomena, and Integrate material from a variety of scholarly sources, citing according to APA format, and presenting this material in a professional forum.

Learning outcomes: After completion of the course, students will be able:

• To develop the ability to study mental phenomena.

• To enable the learners to understand extrasensory perception in purely psychological perspective.

• To investigate those region of nature which, challenges the science.

Course Contents:

• Introduction & Foundations of Parapsychology

• Psi and Psychology

• ESP and Psychic Development

• Basic branches of para psychology

• World religion and parapsychology

• Parapsychology and mysticism

• Holistic health & healing

• Survival After Death: The Scientific Evidence

• Investigating Hauntings and Poltergeists

• From magic to science

• Telepathy: Mind to mind communication

• Extrasensory perception & Telekinesis techniques

• Mind: A universal phenomenon; How does mind control work?; Awakening the third eye; Meditation and concentration; Invisible intelligence civilization; Mind Over matter

• What is scrying?; The magical power of switch words.; Affirmation; Dowsing; Visualization; Remote Viewing

• Out of Body Experience; Channeling and Medium ship; Déjà vu; The Clairvoyant and Mystics; The Aura; Hypnotism

• Current trends and evaluation

Recommended Text Books:

1   Sehraie, A. (2006). Parapsychology: Theory and Practice. Shahrayar Publisher, Lahore.
2   Etzel Cardeña,, John Palmer, David Marcusson (2015) .Parapsychology: A Handbook for the 21st

Century. McFarland Company Inc., Publishers.

3   Irwin, H. J., & Watt, C. (2007). An Introduction to Parapsychology (4th Edition). Amazon Books Inc

Suggested Readings:

1   Richard Broughton (1991). Parapsychology: The Controversial Science. Ballantine Books: New York.

PSYC-6230 **LEADERSHIP AND MOTIVATION** 3(3-0)

This course will familiarize students with the dynamics of effective leadership. It will prepare students who may act out as effective leaders in national and global arena.

Learning Outcomes:

♦ The students will be familiarize with the dynamics of effective leadership

♦ They will come to know who may act out as effective leaders in national and global arena

Course Contents:

• What is Leadership in Organizations?

• Difference between Management and Leadership

• The Historically Important Studies on Leadership:

• Traditional Theories of Leadership:

• Trait Theories

• Situational Approaches

• Modern Theoretical Processes of Leadership in the New Environment:

• Contingency Theories

• Charismatic and Transformational Leadership

• Leadership Styles and Management Grid

• The Roles and Activities of Effective Leader

• Motivation and its types

• Relationship between motivation and leadership

• Theoretical perspectives on motivation

• Techniques for enhancing the work motivation

Text Books:

1 Hughes, Ginnett, & Curphy (2019). Leadership-Enhancing the Lessons of Experience (9th edition). Irwin/mcgraw-hill.
2 James M. Kouzes and Barry Z. Posner (2017). The Leadership Challenge (6th edition). John Wiley & Sons.

Recommended Readings:

1 Greenwood, R., Oliver, C., Lawrence, T.B., & Meyer, R. E. (2017). Organizational Institutionalism (2nd edition). Sage Publications.

2 Gohlich, M. (2016). Organizational learning as resources of Organizational Education. Springer Fachmedien Wiesbaden.