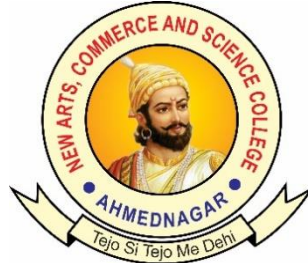


**Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce, and Science College, Ahmednagar
(Autonomous)
(Affiliated to Savitribai Phule Pune University, Pune)**



**National Education Policy (NEP)
Choice Based Credit System (CBCS)**

**Programme Skeleton and Syllabus of
B. A. Psychology (Major)**

**Implemented from
Academic Year 2023-24**

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
**New Arts, Commerce and Science College, Ahmednagar
(Autonomous)**

Board of Studies in Psychology

Sr. No.	Name	Designation
1.	Dr. Kiran D. Ahirrao	Chairman
2.	Prof. Rajratna D. Khillare	Member
3.	Dr. Umesh L. Bharte	Academic Council Nominee
4.	Dr. Shashikant H. Khalane	Academic Council Nominee
5.	Dr. Mahendra B. Patil	Vice-Chancellor Nominee
6.	Mr. Mahesh S. Kshirsagar	Alumni
7.	Mr. Shrikant Kulange	Industry Expert
8.	Dr. Yogita M. Khedkar	Invitee Co-Opted

1. Prologue/ Introduction of the programme: At least one page

In B.A. Honours in minor discipline Psychology is a 4-year degree course which is offered by the colleges. The basic eligibility for pursuing this course is 10+2 qualification. In B.A. Honours Psychology, students will particularly learn the process of the human behaviour. They will study how humans behave in different circumstances, and while dealing with different sets of people.

The study of Psychology at the undergraduate level facilitates explorations on the vast canvas of knowledge interested in understanding human beings – their nature, behavior and influences. The study material concerns itself with relevant developments in theory and practice of Psychology. The dynamic nature and rapid changes in the field need to be addressed as the student moves along the various courses. The current structure aims to impart basic knowledge in Psychology via the core papers, specialized area is introduced in the discipline cantered course and the students are exposed to the application possibilities via the skill-based courses. The course also includes papers that have been designed to cater to interested students who are chosen other subjects as their primary area of study at the undergraduate level. The Other Electives offer a wide array of basic psychological information to the larger (non-psychology) student population. The study of Psychology at the collegiate level ought to be aimed at developing a basic understanding and equipping the student with knowledge to choose further advancement and specialization in the field.

The Psychology programme at the undergraduate level focuses on imparting knowledge of basic psychological concepts and models, and developing ability to apply this knowledge in field settings. The programme also promoting and understanding of research skills so that students are able to design and conduct systematic and ethical psychological research studies. It will Develop psychological sensitivity and social sensibility so that students can respond empathically to human subjectivity and critically to social institutions. With this program students will be able to examine the complexities of and debates within the discipline and to dwell upon its unique relevance in understanding the human subjectivity as shaped by the social, historical and po Developing sensibility towards varied socio-cultural contexts and appreciating diversity.

2. Programme Outcomes (POs)

Students enrolled in the program complete a curriculum that exposes and trains students in a full range of essential skills and abilities. They will have the opportunity to master the following objectives.

1. To familiarize students with the historical trends in psychology, major concepts, theoretical perspectives, and empirical findings.
2. To learn a narrative of the psychological events in specific region of human behavior.
3. To provide solid foundation for the basic principles of the psychology.
4. To enhance an overview of the application of psychology among students.
5. The student will get knowledge of scientific processes which are core to the discipline of Psychology.
6. The student will get acquired reasonable skills which would enhance the further learning in Psychology.

Credit Distribution for B. A. including Major, Minor and OE and other courses.

	Type of Courses	III Yr	IV Yrs (Honours)	IV Yrs Research
Major Psychology	Discipline-Specific Courses (DSC)	46	74	66
	Discipline Specific Elective (DSE)	08	16	16
	Skill Enhancement Courses (SEC)	06	06	06
	Vocational Skill Courses (VSC)	08	08	08
	On-Job Training (OJT)	04	08	04
	Field Project (FP)	04	04	04
	Community Engagement and Service (CEP)	02	02	02
	Research project	00	00	12
	Research Methodology	00	04	04
	Total (I, II and III Year)	78	122	122
Minor	Minor	20	20	20
Other Courses	Open Elective (OE)/ Multidisciplinary Courses	12	12	12
	Indian Knowledge System	02	02	02
	Co-Curricular Courses	08	08	08
	Ability Enhancement Courses	08	08	08
	Value Education Courses	04	04	04
	Total	132	176	176

B. A. Programme Framework: Credit Distribution

			DSC	DSE	SEC	VSC	FP/ OJT /IN/CEP	IKS							
I	I	4.5	06	-	02	-	-		03	03		02	02	02	22
I	II	4.5	06	-	02	02	-	02	03	03	-	02	02	02	22
	Exit Option: Award of UG Certificate in Major with 44 credits and an additional 4 credit core NSQF course /Internship or Continue with Major and Minor														
II	III	5.0	08	-	02	-	FP-02		03	03	-	02	02	-	22
II	IV	5.0	08	-	00	02	CEP-02		03	03	-	02	02	-	22
	Exit Option: Award of UG Diploma in Major with 88 credits and an additional 4 credit core NSQF course /Internship or Continue with Major and Minor														
III	V	5.5	10	04	-	02	FP-02		04	-	-	-	-	-	22
III	VI	5.5	08	04	-	02	OJT-04		04	-	-	-	-	-	22
	Exit Option: Award of 3-Yr UG Degree in Major and Minor with 132 credits or continue with Major for a 4-year Degree														
IV	VII	6.0	14	04	RM:04	-	-		-	-	-	-	-	-	22
IV	VIII	6.0	14	04	-	-	OJT-04		-	-	-	-	-	-	22
	4-Yr UG Degree (Honours) with Major and Minor with 176 credits														
IV	VII	6.0	10	04	RM:04	-	RP-04		-	-	-	-	-	-	22
IV	VIII	6.0	10	04	-	-	RP-08		-	-	-	-	-	-	22
	4-Yr UG Degree (Honours with Research) with Major and Minor with 176 credits														

B.A Programme Framework: Course Distribution

Year	Semester	Level	Major						Minor	OE	CC	AEC	VEC	Total
			DSC	DSE	SEC	VSC	FP/OJT /IN/CEP	IKS						
I	I	4.5	02	-	01	-	-	01	01	01	01	01	01	09
I	II	4.5	02	-	01	01	-	-	01	01	01	01	01	09
Exit Option: Award of UG Certificate in Major with 44 credits and an additional 4 credit core NSQF Course /Internship or Continue with Major and Minor														
II	III	5.0	03	-	01	-	01	-	01	01	01	01	-	09
II	IV	5.0	03	-	-	01	01	-	01	01	01	01	-	09
Exit Option: Award of UG Diploma in Major with 88 credits and an additional 4 credit core NSQF Course /Internship or Continue with Major and Minor														
III	V	5.5	03	01	-	01	01	-	01	-	-	-	-	07
III	VI	5.5	02	01	-	01	01	-	01	-	-	-	-	06
Exit Option: Award of 3-Yr UG Degree in Major and Minor with 132 credits or continue with Major for a 4-year Degree														
IV	VII	6.0	04	01	RM:01	-	-	-	-	-	-	-	-	06
IV	VIII	6.0	04	01	-	-	01	-	-	-	-	-	-	06
4-Yr UG Degree (Honours) with Major with 176 credits														
IV	VII	6.0	03	01	RM:01	-	01	-	-	-	-	-	-	06
IV	VIII	6.0	03	01	-	-	01	-	-	-	-	-	-	05
4-Yr UG Degree (Honours with Research) with Major with 176 credits														

Programme Framework (Courses and Credits): B. A. Psychology (Major)

Sr. No.	Year	Semester	Level	Course Type	Course Code	Title	Credits
1.	I	I	4.5	DSC-1	BA-PY 111T	Foundation of Psychology-I	03
2.	I	I	4.5	DSC-2	BA-PY 112T	Psychology of Relationships	03
3.	I	I	4.5	SEC-1	BA-PY 113T	Psychology for Mental Health Management	02
4.	I	I	4.5	IKS-1	BA-PY 114T	Indian Psychology	02
5.	I	II	4.5	DSC-3	BA-PY 121T	Foundation of psychology-II	03
6.	I	II	4.5	DSC-4	BA-PY 122T	Group Psychology	03
7.	I	II	4.5	SEC-2	BA-PY 123T	Social Skills	02
8.	I	II	4.5	VSC-1	BA-PY 124P	Personality Screening	02
9.	II	III	5.0	DSC-5	BA-PY 231T	Psychology for Living- I	03
10.	II	III	5.0	DSC-6	BA-PY 232T	Applied Psychology -I	03
11.	II	III	5.0	DSC-7	BA-PY 233T	Health Psychology	02
12.	II	III	5.0	SEC-3	BA-PY 234T	Personality Development	02
13.	II	III	5.0	FP-01	BA-PY 235P	Group Testing (30 samples)	02
14.	II	IV	5.0	DSC-8	BA-PY 241T	Psychology for Living- II	03
15.	II	IV	5.0	DSC-9	BA-PY 242T	Applied psychology -II	03
16.	II	IV	5.0	DSC-10	BA-PY 243T	Environmental Psychology	02
17.	II	IV	5.0	VSC-2	BA-PY 244P	Mental Status Examination	02
18.	II	IV	5.0	CEP-01	BA-PY 245T	Community Engagement Project	02
19.	III	V	5.5	DSC-11	BA-PY 351T	Psychological Testing and Scientific Research	04
20.	III	V	5.5	DSC-12	BA-PY 352T	Psychology of Abnormal Behaviour -I	04
21.	III	V	5.5	DSC-13	BA-PY 353T	Health promotion mind-body	02
22.	III	V	5.5	DSE-01	BA-PY 354T	A) Child Psychology B) Educational Psychology-I	04
23.	III	V	5.5	VSC-3	BA-PY 355P	Psychological Practical: Tests	02
24.	III	V	5.5	FP-02	BA-PY 356P	Psychological Group Testing	02
25.	III	VI	5.5	DSC-14	BA-PY 361T	Experimental Psychology-Theory	04
26.	III	VI	5.5	DSC-15	BA-PY 362T	Psychology of Abnormal Behaviour -II	04
27.	III	VI	5.5	DSE-2	BA-PY 363T	A) Youth Psychology B) Educational Psychology-II	04
28.	III	VI	5.5	VSC-4	BA-PY 364P	Psychological Practical: Experiments	02
29.	III	VI	5.5	OJT-01	BA-PY 365T	On Job Training	04

B. A. Psychology (Honours)

1.	IV	VII	6.0	DSC-16	BA-PY 471T	Cognitive Psychology	04
2.	IV	VII	6.0	DSC-17	BA-PY 472T	Psychometrics: Theory	04
3.	IV	VII	6.0	DSC-18	BA-PY 473T	Communication & Social Skill	04
4.	IV	VII	6.0	DSC-19	BA-PY 474P	Psychological Practical's: Tests	02
5.	IV	VII	6.0	DSE-03	BA-PY 475T	A) Social Psychology B) Consumer Psychology	04
6.	IV	VII	6.0	RM-01	BA-PY 476T	Research Methods	04
7.	IV	VIII	6.0	DSC-20	BA-PY 481T	Learning & Memory	04
8.	IV	VIII	6.0	DSC-21	BA-PY 482T	Psychometrics: Application	04
9.	IV	VIII	6.0	DSC-22	BA-PY 483T	Leadership	04
10.	IV	VIII	6.0	DSC-23	BA-PY 484P	Psychological Practical's: Experiments	02
11.	IV	VIII	6.0	DSE-04	BA-PY 485T	A) Statical Method B) Bio-Psychology	04
12.	IV	VIII	6.0	OJT-02	BA-PY 486T	On job Training	04

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Ahmednagar
(Autonomous)
Syllabus
B. A. Psychology (Major)

Title of the Course: Foundation of Psychology - I								
Year: I				Semester: I				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
DSC-1	BA-PY111T	03	00	03	45	30	70	100

Learning Objectives:

1. To provide solid foundation for the basic principles of psychology.
2. To familiarize students with the historical trends in psychology, major concepts, theoretical perspectives, and empirical findings.
3. To provide an overview of the applications of psychology.

Course Outcomes:

1. Students will be acquainted with basic concepts, theoretical perspectives and historical trends in Psychology.
2. Students will get familiarized with the scope, branches and professions in the field of Psychology.
3. The student is well equipped with different branches of Psychology.

Detailed Syllabus:

Unit 1: PSYCHOLOGY: SCIENCE AND PERSPECTIVES (12)

- 1.1 Definition, nature and Goals of Psychology as a Science.
- 1.2 History and perspectives – Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-psycho-socio-cultural.
- 1.3 Methods –Introspection, Observation, Experimental, Survey and Case Study.
- 1.4 Fields of Psychology: - Developmental, Social, Clinical and counselling, Educational, Industrial, Health, Criminal and Forensic, Sports and women psychology.

Unit 2: SENSATION, ATTENTION AND PERCEPTION (12)

- 2.1 Sensation – Definition, Nature and Biological Process
- 2.2 Attention – Definition, Types, Determinants, Phenomena - Division of Attention, Span of Attention
- 2.3 Perception – Definition, Gestalt Principles and Perceptual Constancies
- 2.4 Applications – Extra Sensory Perception (ESP), Perceptual Illusions

Unit 3: MOTIVATION

(12)

- 3.1 Definition and Characteristics – Motivational Cycle.
- 3.2 Types – Biological, Social, Psychological
- 3.3 Theories – Arousal, Drive Reduction, Incentive, Humanistic (Maslow)
- 3.4 Frustration – Sources of Frustration, Types of Conflicts

Unit 4: EMOTION

(12)

- 4.1 Definition, Nature and Importance of Emotion
- 4.2 Basic emotions: Joy, Excitement, Tenderness, Sadness, Anger, Fear and Love
- 4.3 Theories of emotion: James-Lange, Canon Bard, Schachter, Singer and Lazarus
- 4.4 EQ – Definition, Nature, Measurement and Importance of EQ

Suggested Readings:

1. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
2. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). *Psychology* (5th Edition). Pearson.
3. Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
4. Feldman S. R. (2009). *Essentials of understanding psychology* (7th Ed.) New Delhi: Tata Mc Graw Hill.
5. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to Psychology*. McGraw-Hill Book Co.

Books in Marathi Language:

1. बच्छाव, बडगुजर आणि शिंदे (२००१). सामान्य मानसशास्त्र. स्वयंभू प्रकाशन, नाशीक
2. मुंदडा आणि खलाने (२०१३). मानसशास्त्राची मूलतत्त्वे. अथर्व प्रकाशन, जळगांव
3. अभ्यंकर, ओक आणि गोलववलकर (२०१४). मानसशास्त्र: वर्तनाचे शास्त्र, पियरसन प्रकाशन
4. इनामदार, गाडेकर आणि पाटील (२००६) आधुनीक मानसशास्त्र, डायमंड प्रकाशन, पुणे

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Syllabus
B. A. Psychology (Major)

Title of the Course: Psychology of Relationships								
Year: I				Semester: I				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
DSC-2	BA-PY112T	03	00	03	45	30	70	100

Learning Objectives:

1. Increasing understanding regarding the dynamics of establishing, maintaining, and dissolving relationships.
2. To foster an understanding of love as a psychological construct.
3. Developing insights about distress in relationships (divorce, break-up, etc.) as well as the healing process.
4. Appreciating the importance of positive relational attitudes like self-acceptance, gratitude and forgiveness for healthy relationships.

Course Outcomes (Cos)

1. Students will increase understanding regarding the dynamics of establishing, maintaining, and dissolving relationships.
2. Students will develop understanding of love as a psychological construct.
3. Students will develop insights about distress in relationships (divorce, break-up, etc.) as well as the healing process.
4. Students will learn to appreciate the importance of positive relational attitudes like self-acceptance, gratitude and forgiveness for healthy relationships.

Detailed Syllabus:

Unit 1: FAMILY AND FRIENDSHIP (15)

- 1.1 Psychology of Friendship: Making friends,
- 1.2 friendship and social media; benefits and maintenance of friendships
- 1.3 Marriage: Marriage for love versus arranged marriage;
- 1.4 Characteristics of an ideal partner, factors affecting marital happiness

Unit 2: LOVE & BELONGINGNESS (15)

- 2.1 Importance of Love and Belongingness
- 2.2 Understanding Love, Type of Love, Theories of Love
- 2.3 Theories of Love, Love Style, Two-Factor theory of love, Sternberg's triangular theory
- 2.4 Relationship Satisfaction

Unit 3: DISTRESS IN RELATIONSHIP AND HEALING

(15)

3.1 Roots of Distress in relationship

3.2 Jealousy, Infidelity, Breakup, Divorce

3.3 Healing: Understanding the dynamics of broken and flourishing relationships

3.4 Practicing Positive

Suggested Readings/Material:

1. Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
2. Diener, E., & Seligman, M. E. P. (2002). Very happy people. *Psychological Science*, 13, 81-84
3. Field, T., Diego, M., Pelaez, M., Deeds, O., & Delgado, J. (2010). Breakup Distress and Loss of Intimacy in University Students. *Psychology*, 1(03), 173-177.
4. Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. (2012). To have and to hold: Gratitude promotes relationship maintenance in intimate bonds. *Journal of Personality and Social Psychology*, 103, 257-274.
5. Hatfield, E., Mo, Y.U., & Rapson, R.L. (2015). Love, sex and marriage across cultures. In Jenson, L.A. (Ed.), *The Oxford Handbook of Human Development and Culture: An Interdisciplinary Perspective*. New York: Oxford University Press.
6. Hojjat, M. & Moyer, A. (2016) (Eds.). *The Psychology of Friendships*. UK: Oxford University Press.
7. Rye, M. S. & Kenneth I.P. (2002). Forgiveness and Romantic Relationships in College: Can It Heal the Wounded Heart? *Journal of Clinical Psychology*, 58(4), 419-441.
8. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*. New Delhi, India: Sage Pub. Chapter 12: Attachment, love and Flourishing relationships.
9. Sternberg, R.J. & Weis, K. (2006) (Eds.). *The New Psychology of Love*. New Haven, CT, US: Yale University Press.
10. Wilerton, J. (2010). *The Psychology of Relationships*. New York: Red Globe Press

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Syllabus
B. A. Psychology (Major)

Title of the Course: Psychology for Mental Health Management								
Year: I				Semester: I				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
SEC-1	BA-PY113T	02	00	02	30	15	35	50

Learning Objectives:

1. Demonstrating knowledge of mental health.
2. To understand the spectrum of health and illness for better health management.
3. To understand the mental health management.

Course Outcomes:

1. Developing adequate knowledge about the promotion of mental health.
2. Students will learn to identify stressors in one's life and how to manage them.
3. Students will learn how to make adjustment and manage to cope stress, anxiety, depression.

Detailed Syllabus:

Unit 1 PSYCHOLOGY FOR HEALTH (10)

- 1.1 Introduction: health psychology, components of health: social, emotional, cognitive physical aspects, mind body relationship.
- 1.2 goals of health psychology, bio-psychosocial model of health.
- 1.3 Behaviour and health: Characteristics of healthy behaviour, barriers to healthy Behaviour.

Unit 2 HEALTH MANAGEMENT (10)

- 1.1 Stress, Anxiety & Depression: nature, sources, effects on physical and mental health
- 1.2 Health management: health enhancing behaviour, exercise, nutrition, safety, managing and controlling pain.
- 1.3 Health protective behaviour, Illness management, Yoga practices

Unit 3 PSYCHOLOGY FOR WELL-BEING (10)

- 3.1 Health and wellbeing: continuum and model of health and illness: medical, bio-psychosocial, holistic health, health and wellbeing.
- 3.2 Stress Management and Coping strategies.
- 3.3 Classification of human strength and virtues; cultivating inner strength: Hope and optimism.

Suggested Readings:

1. Di Matteo, M.R & Martin, L.R (2002). Health Psychology. New Delhi: Pearson.
2. Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.
3. Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.
4. Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology - Bio Psychosocial Interaction (7th ed). Wiley India Edition.
5. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition
6. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson

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Syllabus
B. A. Psychology (Major)

Title of the Course: Indian Psychology								
Year: I					Semester: I			
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
IKS-1	BA-PY114T	02	00	02	30	15	35	50

Learning Objectives:

1. Increasing understanding regarding the Indian perspective towards psychology.
2. To understand the approaches given by various Indian saints.
3. To understand concept of mind-Body relation in Indian psychology.
4. To know the concept of mind in according to Indian saints.

Course Outcomes (Cos):

1. Students will understand various sources of Indian Psychology.
2. Students will Mind-Body complex in traditional Indian perspective.
3. Students will able to know the concept of mind explored by various saints in India.
4. Students will learn to appreciate the importance of positive relational attitudes like self-acceptance, gratitude and forgiveness for healthy relationships.

Detailed Syllabus:

Unit 1: INTRODUCTION TO INDIAN PSYCHOLOGY (10)

- 1.1 Definition and scope of Indian psychology
- 1.2 Sources of Indian Psychology
- 1.3 Understanding the unique approach of Indian psychology

Unit 2: MIND-BODY COMPLEX (10)

- 2.1 Vedic Conception of the mind
- 2.2 Concepts of mind in yoga
- 2.3 Concepts of Mind in other Darshans (Buddhism, Jainism etc.)

Unit 3: CONCEPT OF MIND IN MEDIEVAL MARATHI LITERATURE (10)

- 3.1 Vivek & Vairagya
- 3.2 Mind & Behaviour
- 3.3 Analysis and synthesis by Preaching

Suggested Readings/Material:

1. Akhilananda, S. (1948). Hindu psychology: It's meaning for the west. London: George Routledge & Sons.
2. Akhilananda, S. (1952). Mental health & Hindu psychology. London: George Routledge & Sons.
3. Auluck, S. (2002). Self and identity. In, Girishwar Misra & Ajit Mohanty, (Eds.). Perspectives on indigenous psychology. New Delhi: Concept Publishing Company.
4. Bhardwaj, I. Manav Chetna (Hindi), Satyam Publication, New Delhi, 2011
5. Girishwar Misra & Ajit Mohanty, (Eds.). Perspectives on indigenous psychology. New Delhi: Concept Publishing Company.
6. Rajayoga- Swami Vivekanand, Ramakrishan Ashrama Publications, 1998
7. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta, 1982
8. Radhakrishnan, S.: Indian Philosophy (Vol. I & II), George Allen and Unwin, London, 1971
9. Rao, R.K., Paranjpe A.C. (2016) Psychology in the Indian Tradition, Springer, New Delhi.
10. Swami Sivananda, Bhagavad Gita, A Divine Life Society Publications, Uttapradesh, Himalayas, India, 2000.

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Syllabus
B. A. Psychology (Major)

Title of the Course: Foundation of Psychology -II								
Year: I				Semester: II				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical					
						CIE	ESE	Total
DSC-3	BA-PY121T	03	00	03	45	30	70	100

Learning Objectives:

1. To provide solid foundation for the basic principles of psychology.
2. To familiarize students with the Learning Process, Memory formation, Personality and intelligence.
3. To provide an overview of the applications of psychology.

Course Outcomes:

1. Students will be acquainted with basic concepts, theoretical perspectives and historical trends in Learning, memory, personality and intelligence.
2. Students will get familiarized with the Personality theories and approaches.
3. The student is well get familiarized with concepts and theories of intelligence.

Unit 1: LEARNING

(12)

- 1.1 Learning: Definition, Nature and Types
- 1.2 Conditioning – Classical and Operant Conditioning and Their Practical Applications, Schedules of reinforcement
- 1.3 Theories of Learning: Trial and Error – Thorndike's Experiment and Laws, Insight Learning- Kohler
- 1.4 Behaviour therapies- Token Economy, Modelling,

Unit 2: MEMORY

(12)

- 2.1 Memory, Definition, Nature, Types of memory
- 2.2 Models of Memory – Waugh & Norman Dual Model, Atkinson & Shiffrin Multi, Level of Processing of Craik and Lockhart
- 2.3 Forgetting and Causes of Forgetting, Theories of Forgetting
- 2.4 Applications: Memory Improvement Techniques

Unit 3: PERSONALITY

(12)

- 3.1 Nature, Definition and Misconceptions
- 3.2 Freud's Psychoanalytical Theory of Personality
- 3.3 Trait Approaches to Personality: Allport's approach, Eysenck's PEN Model,

Cattell's

16PF, McCrae and Costa Big-5

3.4 Assessment Techniques – Behavioural, Projective and Self-Report Inventories

i) MMPI ii) CPI iii) Neo PI

Unit 4: INTELLIGENCE

(12)

4.1 Intelligence: Definition and Basic Concepts in Measurement (CA, MA, IQ and DQ)

4.2 Intelligence Measurement: Stanford Binet, Wechsler Intelligence Scale for Children (WISC) and Wechsler Adult Intelligence Scale (WAIS)

4.3 Individual Differences: Mentally Challenged and Gifted People, Types and Causes

4.4 Emotional Intelligence – Definition, Nature & Theories

Suggested Readings:

1. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
2. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). *Psychology* (5th Edition). Pearson.
3. Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
4. Feldman S. R. (2009). *Essentials of understanding psychology* (7th Ed.) New Delhi: Tata Mc Graw Hill.
5. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to Psychology*. McGraw-Hill Book Co.

Books in Marathi Language:

1. बच्छाव, बडगुजर आणि शिंदे (२००१). सामान्य मानसशास्त्र. स्वयंभू प्रकाशन, नाशीक
2. मुंदडा आणि खलाने (२०१३). मानसशास्त्राची मूलतत्त्वे. अथर्व प्रकाशन, जळगांव
3. अभ्यंकर, ओक आणि गोलववलकर (२०१४). मानसशास्त्र: वर्तनाचे शास्त्र, पियरसन प्रकाशन
4. इनामदार, गाडेकर आणि पाटील (२००६) आधुनीक मानसशास्त्र, डायमंड प्रकाशन, पुणे

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Ahmednagar
(Autonomous)
Syllabus
B. A. Psychology (Major)

Title of the Course: Personal Growth and Development								
Year: I				Semester: I				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical					
						CIE	ESE	Total
DSC-4	BA-PY122T	03	00	03	45	30	70	100

Learning Objectives:

1. To facilitate the process of self-discovery.
2. The development of emotional, cognitive and interpersonal competencies for personal growth
3. Effectively using the experiential learning paradigm
4. Working through personal and interpersonal conflicts.

Course Outcomes (Cos)

1. Students will able with self-discovery.
2. Students will develop emotional, cognitive and interpersonal competencies for personal growth.
3. Students will effectively use the experiential learning paradigm.
4. Students will able to work through personal and interpersonal conflicts.

Detailed Syllabus:

Unit 1: UNDERSTANDING SELF (15)

- 1.1 The self-concept and self-esteem
- 1.2 Facilitating self-awareness through reflective exercises,
- 1.3 JOHARI window, personal SWOT analysis,
- 1.4 self-awareness questionnaires/inventories

Unit 2: EMOTIONAL AND COGNITIVE COMPETENCE (15)

- 2.1 Emotional Competence: Understanding and expressing emotions;
- 2.2 Managing difficult emotions; Applying emotional intelligence
- 2.3 Cognitive Competence: Setting and achieving goals, effective time management,
- 2.4 Metacognitive strategies

Unit 3: INTERPERSONAL COMPETENCE (15)

- 3.1 Effective Interpersonal Communication
- 3.2 Conversational Skills, Listening Skills, Reading Non-Verbal Messages
- 3.3 Improving Communication Climates
- 3.4 Intimacy and Self-Disclosure in Close Relationships; Managing Interpersonal Conflicts

Suggested Readings/Material:

- 1 Adler, R. B., & Proctor II, R.F. (2012). *Looking out/Looking in* (14th ed.). Boston, USA: Wadsworth Cengage Learning
- 2 Haddon, P. F. (1999). *Mastering Personal and Interpersonal Skills*. London: Thorogood
- 3 Robbins, S.P. &Hunsaker, P. L. (2008). *Training In Interpersonal Skills: Tips for Managing People At Work* (5th ed.) New Delhi: PHI Learning
- 4 Schraw, G. (1998). Promoting general metacognitive awareness. *Instructional Science*, 26, 113-125.
- 5 Waters, S. H. & Schneider, W. (2010). *Metacognition: Strategy Use and Instruction*. New York: Guilford Press.
- 6 Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century* (8th ed.). Belmont, CA: Thomson Wadsworth.

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Ahmednagar
(Autonomous)
Syllabus
B. A. Psychology (Major)

Title of the Course: Social Skills								
Year: I					Semester: I			
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
SEC-2	BA-PY123T	02	00	02	30	15	35	50

Learning Objectives:

1. To Understand the basics of self.
2. To develop healthy interpersonal relations.
3. To develop positive attitude towards life.

Course Outcomes (Cos)

After the completion of this course students will be able to demonstrate the following competencies -

1. Student will understand the basics of self.
2. Students will develop healthy interpersonal relations.
3. Students will develop positive attitude towards life.

Detailed Syllabus:

UNIT 1: SELF-AWARENESS (10)

- 1.1 Self-Awareness: Self-Concept, Self-Esteem,
- 1.2 Self-Management, Self-presentation
- 1.3 Coping with emotions, Coping with stress

UNIT 2: SOCIAL SKILLS-I (10)

- 2.1 Communication skills
- 2.2 Interpersonal Skills
- 2.3 Negotiation and Refusal skills

UNIT 3: SOCIAL SKILLS-II (10)

- 3.4 Persuasion and influencing skill
- 3.5 Leadership Skills
- 3.6 Building Bond (Rapport)

Suggested Readings:

1. Baron R. Byrne D., Branscombe N (2017) Social Psychology, 14th Edn, Pearson, New Delhi
2. Galloti, K. M. (2004). *Cognitive psychology in and out of the laboratory*. USA: Thomson Wadsworth.
3. Hurlock Elizabeth (1988). Personality Development, McGraw Hill,
4. Morga, C., Kind, R. et.al (2017) Introduction to psychology 7th ed. McGraw hill
5. Natu, S.A, (2021) Personality Development, Revised Edition, Nirali Prakashan, Pune
6. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
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Syllabus
B. A. Psychology (Major)

Title of the Course: Personality Screening								
Year: I					Semester: I			
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
VSC-1	BA-PY124T	01	01	02	45	15	35	50

Learning Objectives:

1. Apply the knowledge of personality traits
2. Learn analytical skill
3. Understand how personality profiling is done

Course Outcomes (Cos)

1. Students will able to apply the knowledge of personality traits.
2. Students will learn analytical skill to understand personality.
3. Students will understand how personality profiling is done.

PERSONALITY THEORY

(15)

- 1.1 Definitions and nature of personality
- 1.2 Biological Foundations of Personality
- 1.3 Culture, Gender and Personality
- 1.4 Type of Personality

Guidelines:

PRACTICAL: IDENTIFYING TRAITS

(30)

- Identify different personality traits among the individuals.
- These individuals can be from movies, T.V serials, novels or can be a known individual.
- Student has to do the traits identification of 5 individuals from above any area.
- Then they have to submit the report of these five-personality profile / traits that they have identified.

Suggested Readings/Material:

1. Anastasi, A. & Urbina, S. (1997). *Psychological testing*. N.D.: Pearson Education.
2. Gregory, R.J. (2005). *Psychological testing: History, principles and applications*. New Delhi: Pearson Education.
3. Hall, C.S., Lindzey, G., & Campbell, J.B. (2007). *Theories of Personality*. 4th Edn. Wiley: India.
4. Hall, C.S., Lindzey, G. & Campbell, J. B. (1998). *Theories of Personality*. New York: John Wiley & Sons.
5. Ryckman, R.M. (1978). *Theories of Personality*. D.Van Nostrand Company: New York.
6. Frager, R. & Fadiman, J. (2007). *Personality and personal growth*. 6th Edn. Pearson Prentice Hall, India.
7. Kaplan, R.M. & Saccuzzo, D.P. (2007). *Psychological Testing: Principles, Applications, and Issues*. Australia: Thomson Wadsworth.
8. Mayer, F.S & Sutton, K. (1996). *Personality: An integrative approach*. N.J.: Prentice-Hall.
9. Singh, A.K. (2006). *Tests, Measurements and Research Methods in Behavioural Sciences*. Patna: Bharati Bhavan.