

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 Framework
B. A. - I (Psychology)

Implemented from

Academic Year 2024-25

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, discipline of 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 programm students will able to examining 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 fullrange 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.

B. A. Programme Framework: Credit Distribution

Level / Difficulty	Sem	Subject-1				Subject-2	Subject-3	GE/OE	SEC	IKS	AEC	VEC	CC	Total
Certificate 4.5 / 100	I	04				04	04	2	-	2	2	2	2	22
	II	04				04	04	2	2	--	2	2	2	22
		Credits Related to Subject Selected as Major				Selected as Minor		GE/OE	SEC	IKS	AEC	VEC	CC	Total
		Major Core	Major Elective	VSC	FP / OJT/ CEP/RP									
Diploma 5.0 / 200	III	06	--	2	2 (FP)	04	--	02	2		2	--	2	22
	IV	06	--	2	2 (CEP)	04	--	02	2	--	2	--	2	22
Degree 5.5 / 300	V	10	04	2	2 (FP)	02	--	--	--	2	--	--	--	22
	VI	10	04	2	4 (OJT)	02	--	--	--		--	--	--	22
Total		40	08	08	10	18	08	08	06	04	08	04	08	132
6.0/400 Honours	VII	14	04	-	RM-04	-								22
	VIII	14	04	-	OJT-04	-								22
6.0/400 Honours with Research	VII	10	04	-	RM-04 RP-04	-								22
	VIII	10	04	-	RP-08									22
Total		68/60	16	08	18/26	18	08	08	06	04	08	04	08	176

B. A. Programme Framework: Course Distribution

Level / Difficulty	Sem	Subject-1				Subject-2	GE/OE	SEC	IKS	AEC	VEC	CC	Total
Certificate 4.5 / 100	I	01				01	01	-	01	01	01	01	07
	II	01				01	01	01	--	01	01	01	07
		Credits Related to Subject Selected as Major				Minor	GE/ OE	SEC	IKS	AEC	VEC	CC	Total
		Core	Elective	VSC	FP / OJT/ CEP								
Diploma 5.0 / 200	III	02		01	01	01	01			01	--	01	08
	IV	02		01	01	01	01			01	--	01	08
Degree 5.5 /300	V	03	01	01	01	01	--	--	01	--	--	--	08
	VI	03	01	01	01	01	--	--		--	--	--	07
Total		12	02	04	04	06	04	02	02	04	02	04	44
6.0/400 Honours	VII	04	01	-	RM-01								06
	VIII	04	01	-	OJT-01	-							06
6.0/400 Honours with Research	VIII	03	01	-	RM-01 RP-01	-							06
	VIII	03	01	-	RP-01								05
Total		18/16	04	04	06/07	06	04	02	02	04	02	04	56/55

B. A. -I (Psychology): Credits and Courses in Bracket

Level / Difficulty	Sem	Subject (Psychology)				IKS	Total
4.5 Certificate	I	04 (01)					04 (01)
	II	04 (01)				--	04 (01)
		Core	Elective	VSC	FP / OJT/ CEP		
5.0 Diploma	III	06 (02)		02 (01)	02 (01)		10 (04)
	IV	06 (02)		02 (01)	02 (01)		10 (04)
5.5 Degree	V	10 (03)	04 (01)	02 (01)	02 (01)	02 (01)	
	VI	10 (03)	04 (01)	02 (01)	04 (01)		
Total		40 (12)	08 (02)	08 (04)	10 (04)	02 (01)	
6.0 Honours	VII	14 (04)	04 (01)	-	RM-04	-	22 (06)
	VIII	14 (04)	04 (01)	-	OJT-04	-	22 (06)
6.0 Honours with Research	VII	10 (03)	04 (01)	-	RM-04 (01) RP-04 (01)	-	22 (06)
	VIII	10 (03)	04 (01)	-	RP-08 (01)		22 (05)

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

Sr. No.	Year	Semester	Level	Course Type	Course Code	Title	Credits
1.	I	I	4.5	DSC-01	BA-PY 111T	Foundation of Psychology-I	04
2.	I	II	4.5	DSC-02	BA-PY 121T	Foundation of Psychology-II	04
3.	II	III	5.0	DSC-03	BA-PY 231T	Positive Psychology - I	04
4.	II	III	5.0	DSC-04	BA-PY 232T	Applied Psychology -I	02
5.	II	III	5.0	VSC-01	BA-PY 233T	Personality Screening	02
6.	II	III	5.0	FP-01	BA-PY 234P	Practical Project: Group Testing	02
7.	II	IV	5.0	DSC-05	BA-PY 241T	Positive Psychology - II	04
8.	II	IV	5.0	DSC-06	BA-PY 242T	Applied Psychology -II	02
9.	II	IV	5.0	VSC-02	BA-PY 243T	Personal Growth and Development	02
10.	II	IV	5.0	CEP-01	BA-PY 245P	Community Engagement Project	02
11.	III	V	5.5	DSC-07	BA-PY 351T	Psychological Testing and Scientific Research	04
12.	III	V	5.5	DSC-08	BA-PY 352T	Psychology of Abnormal Behaviour -I	04
13.	III	V	5.5	DSC-09	BA-PY 353T	Industrial Psychology	02

NEP 2.0

14.	III	V	5.5	DSE-01	BA-PY 354T	A) Child Psychology B) Educational Psychology-I	04
15.	III	V	5.5	VSC-03	BA-PY 355P	Psychological Practical: Tests	02
16.	III	V	5.5	FP-02	BA-PY 356P	Research Project	02
17.	III	V	5.5	IKS-02	BA-PY 357T	IKS	02
18.	III	VI	5.5	DSC-10	BA-PY 361T	Experimental Psychology-Theory	04
19.	III	VI	5.5	DSC-11	BA-PY 362T	Psychology of Abnormal Behaviour -II	04
20.	III	VI	5.5	DSC-12	BA-PY 363T	Organisational Psychology	02
21.	III	VI	5.5	DSE-02	BA-PY 364T	A) Youth Psychology B) Educational Psychology-II	04
22.	III	VI	5.5	VSC-04	BA-PY 365P	Psychological Practical: Experiments	02
23.	III	VI	5.5	OJT-01	BA-PY 366P	On Job Training	04

B. A. Psychology (Honours)

24.	IV	VII	6.0	DSC-16	BA-PY 471T	Cognitive Psychology	04
25.	IV	VII	6.0	DSC-17	BA-PY 472T	Psychometrics: Theory	04
26.	IV	VII	6.0	DSC-18	BA-PY 473T	Communication & Social Skill	04
27.	IV	VII	6.0	DSC-19	BA-PY 474T	Psychological Practical's: Tests	02
28.	IV	VII	6.0	DSE-03	BA-PY 475T	A) Social Psychology B) Consumer Psychology	04
29.	IV	VII	6.0	RM-01	BA-PY 476T	Research Methods	04
30.	IV	VIII	6.0	DSC-20	BA-PY 481T	Learning & Memory	04
31.	IV	VIII	6.0	DSC-21	BA-PY 482T	Psychometrics: Application	04
32.	IV	VIII	6.0	DSC-22	BA-PY 483T	Leadership	04
33.	IV	VIII	6.0	DSC-23	BA-PY 484T	Psychological Practical's: Experiments	02
34.	IV	VIII	6.0	DSE-04	BA-PY 485T	A) Statical Method B) Bio-Psychology	04
35.	IV	VIII	6.0	OJT-02	BA-PY 486P	On job Training	04

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
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Syllabus

B. A.-I (Psychology)

Title of the Course: Foundation of Psychology - I								
Year: I				Semester: II				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
DSC-01	BA-PY 111T	04	00	04	60	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 (15)

- 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 (15)

- 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 (15)

- 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 (15)

- 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.-I (Psychology)

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-02	BA-PY 121T	04	00	04	60	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

(15)

- 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

(15)

- 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

(15)

- 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

(15)

- 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

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4. इनामदार, गाडेकर आणि पाटील (२००६) आधुनीक मानसशास्त्र, डायमंड प्रकाशन, पुणे