

01-K-30.06, & 02.07.2018 AC after Circulars

- 109 -

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.**



Circular / Acad Sec./ UG /NEP Curri./Model College/ 2023.

It is hereby inform to all concerned that, on the recommendation of Dean of Faculty of Humanities; the Hon'ble Vice-Chancellor has accepted the following subject wise curriculum for Model College, Ghansawangi, Dist. Jalna as per norms of university grants commission and National Education Policy-2020 under the faculty of Humanities in his emergency powers under Section 12 [7] of the Maharashtra Public University Act, 2016 on behalf of the Academic Council.

Sr. No.	Course/Curriculum Name	Semesters
01.	B.A First Year Honors in Marathi.	Ist & IInd
02.	B.A First Year Honors in Hindi.	Ist & IInd
03.	B.A First Year Honors in English.	Ist & IInd
04.	B.A First Year Honors in Economics.	Ist & IInd
05.	B.A First Year Honors in Sociology.	Ist & IInd
06.	B.A First Year Honors in Psychology.	Ist & IInd

This is effective from the Academic Year 2023-24 and Onwards as appended herewith.

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University campus,
Chhatrapati Sambhajanagar-431
004.
Ref. No. SU/B.A.I Yr/NEP Model
College/2023/17130-39
Date: 06.11.2023.

}}
}}
}}

**Deputy Registrar
Academic**

Copy forwarded with compliments to:-

- The Principal, Model College,**
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.
- The Director, University Network & Information Centre, UNIC, with a request to upload this Circular on University Website.**

Copy to :-

- The Director, Board of Examinations & Evaluation,**
- The Sec. Officer, [B.A. Unit] Exam. Branch,**
- The Section Officer, [Eligibility Unit],**
- The Programmer [Computer Unit-1] Examinations,**
- The Programmer [Computer Unit-2] Examinations,**
- The In-charge, [E-Suvidha Kendra],**
- The Public Relation Officer,**
- The Record Keeper,**
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajanagar.

**Dr. Babasaheb Ambedkar Marathwada University,
Aurangabad (M.S.), India**



Structure and Syllabus for B.A. (Psychology)
(Four Years Multidisciplinary Degree Program with Multiple Entry and Exit Option)

**FOUR YEAR BACHELOR OF ARTS
PSYCHOLOGY**
(For Model College Ghansawangi Dist. Jalna)

**Under the Faculty of
Humanities**

Effective from Academic year 2023 - 2024

(As per NEP-2020)

[Handwritten Signature]
6/10/2023

Dean
Faculty of Humanities
Dr. Babasaheb Ambedkar Marathwada
University, Aurangabad

1. Preamble

NEP has given rise to a novel dimension in fine tuning and accelerating the learning process of a student. Keeping this in mind emergence of LOCF (Learning Outcome-based Framework) has taken place. Psychology as a social science tries to understand the behaviour of an individual in different situations making the learner to get equipped with various abilities to lead life with refined knowledge and talent as well as making it more student centric. In the present context the syllabi of B.A. Psychology Honours is framed in such a way to gain fundamental and advanced knowledge of psychology along with enhanced skills.

This Learning Outcome based Curriculum Framework is designed to emphasize the teaching and learning process at the undergraduate from teacher centric to student centric by strengthening the quality of teaching and learning in the present day real life scenario of global, regional and local level. It is considered learning as an activity of creativity of innovations and analyzing psychological phenomena.

The following objectives would be achieved from the framework

- To orient the students towards identification and analysis of various facets of Psychological features and processes.
- To develop students' aptitude for acquiring basic skills of carrying out field work.
- To guide students to learn the science and art of collecting, processing and interpreting the data.
- Further, preparing the students to get ready to meet the needs of job market.

2. Abbreviations

1. **GE/OE:** Generic / Open Elective
2. **VSEC:** Vocational Skill and Skill Enhancement Course
3. **VSC:** Vocational Skill Courses
4. **SEC :** Skill Enhancement Courses
5. **AEC :** Ability Enhancement Course

in a semester and the total course credits taken during that semester. It shall be expressed up to two decimal places

j. Cumulative Grade Point Average (CGPA): It is a measure of overall cumulative performance of a student over all the semesters of a program. The CGPA is the ratio of total credit points secured by a student in various courses in all the semesters and sum of the total credits of all courses in all the semesters. It is expressed up to two decimal places.

3. Concepts:

1. Major Subject: A major subject/core subject is the subject that represents the main focus of a degree. A degree in major is permitted if the student opts and accrues courses with minimum of 50% credits corresponding to the major.

2. Minor Subject: A minor is secondary subject that may complement the major or can have interdisciplinary bandwidth. Minors are a bunch of courses and can be related or unrelated to the major. A university must declare the minors and make it available to the students to choose from.

3. Internship: Students at all HEIs will be provided with opportunities for internship in local industries, businesses, banks, artists, crafts persons, and so on. As well as research internships with faculty and researchers at their own or other HEIs/research institution.

4. Generic/Open Elective (OE): Generic or Open Elective shall be a pool/ basket of courses which is meant to provide multidisciplinary or interdisciplinary education to students. GE or SEs shall consist of pool/ basket of courses offered by the various departments under different discipline/faculty of study.

5. Ability Enhancement Courses (AEC) - Language, Literature & Environment Studies. The courses based upon the content that leads to knowledge enhancement through various areas of study. They are language and literature and environment science and sustainable development which will be mandatory for all disciplines.

6. Indian Knowledge System (IKS): IKS is a generic phrase that covers practically everything about India. While designing the curriculum, it needs to be understood that IKS is not about merely knowing some ancestral knowledge. IKS is also about protecting received wisdom, economic security, and national pride.

7. Vocational and Skill Enhancement Courses (VSEC): In all disciplines/faculties are aimed at providing hands-on-training, competencies, proficiencies and skills to students. The basic purpose of vocational courses is to enhance skill and employability.

B.A. PSYCHOLOGY First Year (Semester I) (Level 4.5)

Teaching Scheme

Year/ Semester and Level	Section	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs/ week)	
				Theory	Practical	Total	Theory	Practical
First Year Semester I Level 4.5	Major	DSE-1		03	--	03	03	--
		NPSY101T	Introduction to Psychology					
		NPSY101P	Lab based on Introduction to Psychology	..	02	02	--	04
	DSE-2	NPSY102T	Psychology of Adjustment	03	--	03	03	--
		NPSY102P	Lab based on Psychology of Adjustment	---	02	02	---	04
	Supportive	Minor-1	Personality Development	02	--	02	02	--
		NPSY103T1	Psychology of Communication	02	--	02	02	--
		NPSY103T2	Gender Psychology	02	--	02	02	--
Applied	Generic Elective Select any one pool of courses offered as a major	NPSY103T3	Health Management	02	--	02	02	--
		NPSY104T1	Nutrition & Mental Health	02	--	02	02	--
		NPSY104T2	Human Resource Management	02	--	02	02	--
		NPSY104T3	Lab based on Health Management	02	--	02	02	--
	SEC (Choose any one from pool)	NPSY105P1			02	02		04

B.A. PSYCHOLOGY First Year (Semester I) (Level 4.5)
Evaluation/Examination Scheme
[40% Continuous Assessment and 60% of Semester End/ University Assessment]

Year/ Semester and Level	Section	Course Code	Course Name	Credit		Evaluation Method		Total Mark s	Max mark	Min Mark
				Theory	Practical	CA	UA			
First Year Semester I Level 4.5	DSE-1	NPSY101T	Introduction to Psychology	03		20	30	50	50	20
		NPSY101P	Lab based on Introduction to Psychology		02	--	50	50	50	20
		NCOM102T	Psychology of Adjustment	03		20	30	50	50	20
	DSE-2	NPSY102P	Lab based on Psychology of Adjustment	-----	02	---	50	50	50	20
		NPSY103T1	Personality Development	02	---	20	30	50	50	20
		NPSY103T2	Psychology of Communication							
Support ive	Minor-1 Select any one course from Basket 1	NPSY103T3	Gender Psychology							
		NPSY104T1	Health Management	02	---	20	30	50	50	20
		NPSY104T2	Nutrition & Mental Health							

B.A. PSYCHOLOGY First Year (Semester II) (Level 4.5)
Teaching Scheme

Year/ Semester and Level	Section	Course Code	Course Name	Credits Assigned			Teaching Scheme (Hrs/ week)	
				Theory	Practical	Total	Theory	Practical
First Year Semester II Level 4.5	Major							
		DSE-3	Understanding Psychology	03	--	03	03	--
		NPSY201P	Lab based Understanding Psychology	...	02	02	--	04
		NPSY202T	Bio-Psychology	03	--	03	03	--
	Supportive	NPSY202P	Lab based Bio-Psychology	---	02	02	---	04
		NPSY203T1	Stress Management	02	--	02	02	--
		NPSY203T2	Psychology of Leadership	02	--	02	02	--
		NPSY203T3	Co-Operative Psychology	02	--	02	02	--
	Applied	NPSY204T1	Happiness	02	--	02	02	--
		NPSY204T2	Psychology of Procrastination	02	--	02	02	--
		NPSY204T3	Psychoanalysis	02	--	02	02	--
		NPSY205P1	Lab based on Happiness		02	02		04

B.A. PSYCHOLOGY First Year (Semester II) (Level 4.5)
Evaluation/Examination Scheme
[40% Continuous Assessment and 60% of Semester End/ University Assessment]

Year/ Semester and Level	Section	Course Code	Course Name	Credit		Evaluation Method		Total Mark s	Max mark	Min Mark
				Theory	Practical	CA	UA			
First Year Semester II Level 4.5	Major	DSE-3	Understanding Psychology	Understanding Psychology	Understanding Psychology	Understanding Psychology	Understanding Psychology	Understanding Psychology	Understanding Psychology	Understanding Psychology
				Lab based Understanding Psychology	Lab based Understanding Psychology	Lab based Understanding Psychology	Lab based Understanding Psychology	Lab based Understanding Psychology	Lab based Understanding Psychology	Lab based Understanding Psychology
		DSE-4	Bio-Psychology	Bio-Psychology	Bio-Psychology	Bio-Psychology	Bio-Psychology	Bio-Psychology	Bio-Psychology	Bio-Psychology
				Lab based Bio-Psychology	Lab based Bio-Psychology	Lab based Bio-Psychology	Lab based Bio-Psychology	Lab based Bio-Psychology	Lab based Bio-Psychology	Lab based Bio-Psychology

151

17 | Page

UG Diploma: Students who opt to exit after completion of the second year and have secured 120 credits will be awarded the UG diploma.

3-year UG Degree: Students who wish to undergo a 3-year UG programme will be awarded UG Degree in the Major discipline after successful completion of three years, securing 180 credits.

4-year UG Degree (Honours): A four-year UG Honours degree in the major discipline will be awarded to those who complete a four-year degree programme with 224 credits.

4-year UG Degree (Honours with Research): Students who choose a research stream in the fourth year. They should do a research project or dissertation under the guidance of a faculty member of the University/College. The research project/dissertation will be in the major discipline. The students who secure 224 Credits.

9. Medium of Instructions

The medium of instruction for this course is English/Marathi.

10. Attendance

A candidate is required to put in a minimum of 75% of attendance in both theory papers practical separately in each subject before admission to the examination. This relaxation in attendance includes for medical & any other reasons approved by the head of the Institution. A candidate lacking in the prescribed attendance and progress in any one of the subjects in theory and practical in the first appearance shall not be permitted for admission to the entire examination.

P (Pass)	4
F (Fail)	0
Ab (Absent)	0

Computation of SGPA and CGPA

The following procedure to compute the Semester Grade Point Average (SGPA) and Cumulative Grade Point Average (CGPA):

i. **The SGPA is the ratio of the sum** of the product of the number of credits with the grade points scored by a student in all the courses taken by a student and the sum of the number of credits of all the courses undergone by a student, i.e.

$$\text{SGPA (Si)} = \sum (C_i \times G_i) / \sum C_i$$

Where C_i is the number of credits of the i th course and G_i is the grade point scored by the student in the i th course.

ii. **The Cumulative Grade Point Average (CGPA)** is also calculated in the same manner taking into account all the courses undergone by a student over all the semesters of a programme, i.e.

$$\text{CGPA} = \sum (C_i \times S_i) / \sum C_i$$

where S_i is the SGPA of the i th semester and C_i is the total number of credits in that semester

12. Programme Outcomes (POs):

PO1: Understand the fundamentals of human behaviour.

PO2: Know self and others in a professional and better way.

PO3: Measure and assess human behaviour in an objective manner.

PO4: Interpret the behaviour of human being in a variety of contexts.

PO5: Predict possible consequence of behaviour prepare the individuals for it.

PO6: Differentiate the observed from the normative/expected behaviour.

PO7: Facilitate others to achieve their individual goals in life

B. A. Semester – I Subject: PSYCHOLOGY**Discipline Specific Course (DSC-1)**

The course PSYCHOLOGY in I semester has

INTRODUCTION TO PSYCHOLOGY, CHILD DEVELOPMENT AND EXPERIMENTS course (Paper I, II & Practical) All the papers are compulsory. Details of the courses are as under.

Course No.1 NPSY – 101T (Course -I): Title of the Course: Introduction to Psychology

Course Outcome (CO): After completion of the course students will be able to:

CO 1: Understanding the knowledge of psychology

CO 2: Acquired method of learning

CO 3: Identify methods of memory improvement

Credit 03

Syllabus- Course I: Title- Introduction to Psychology	
Unit-I: The science of psychology	
1. What is psychology? -a) Definition b) Goal of psychology	
2. Perspective of behaviour- a) Psychodynamics b) Humanistic c) Gestalt	
3. Method of psychology- a) Descriptive method; naturalistic observation, laboratory observation b) Case study c) Survey method	
4. Sub field of psychology- a) Social psychology b) Clinical psychology c) Positive psychology d) Counselling psychology	
5. Psychology in India- a) Ancient roots and modern India	
Unit-II Learning	
1. Learning- a) Define and Nature	
2. Types of Learning-a) Classical conditioning b) Operant conditioning c)	
3. Observational Conditioning	
Unit-III Memory	
1. Definition and nature of memory	
2. Models of memory-a) Level of possessing b) possessing model c) Information possessing	
3. Types of memory-a) sensory memory b) short term memory c) long term memory	
4. Forgetting -a) Curve of Forgetting b) Causes of Forgetting c).Improving memory	
Unit-IV Sensation and Perception	
1. Sensation	

- a. Definition
- b. Sensory receptors.
- c. Sensory threshold
- d. Subliminal perception
- e. Habituation
- f. Sensory adaptation
2. Definition of perception
3. Perceptual constancies: Size, shape and brightness
4. Gestalt principles of perception
5. Perceptual illusion
 - a. Geometrical, movement
6. Application: Thinking about extra-sensory perception

NPSY 101 P Lab based on introduction to Psychology (Any four)

credits 02

- 1) Serial Learning
- 2) STM
- 3) Rote learning
- 4) Recall and Recognition
- 5) Retroactive Inhibition
- 6) Paired Association
- 7) maze Learning
- 8) Figure and Ground
- 9) Illusion

Books Recommended:

Source Books:

1. Baron, R. & Misra, G. (2013). Psychology. Pearson.
2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:

Reference Books:-

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle
2. Dixit, Nirupama (2010). Adhunik Asamanaya Manovigyan. Agra: Aggrawal Pub.
3. Jain, Shashi (2007). Introduction to psychology (4th Ed.). New Delhi: Kalyani.
4. Learning, New Delhi.
5. Mangal, S. K. (2013). General psychology. New Delhi: Sterling Publisher Pvt. Ltd.
6. New Delhi: Tata McGraw-Hill.
7. Srivastava, A. (2010). Manovikritivigyan. Agra: Aggrawal Pub.
8. Vilas Padhe: Psychology – An Introduction to Psychology

DSC-2 (Course -II) NPSY 102T : Title of the Course: Psychology of Adjustment**Course Outcome (CO):** After completion of course students will be able to:**Credit 03**

Syllabus- Course 1: Title- Psychology of Adjustment	
Unit-I Interpersonal Communication:	
1. The Process of Interpersonal Communication a. Components of the communication b. Communication and adjustment 2. Nonverbal Communication a. General Principles b. Elements of nonverbal communication c. Detecting deception d. The Significance of nonverbal; communication 3. Communication Problems a. Communication apprehension b. Barriers to effective communication 4. Interpersonal Conflict a. Beliefs about conflict b. Types of conflict c. Styles of managing conflict d. Dealing constructively with conflict e. Public communication in an adversarial culture	
Unit-II Friendship & Love	
1. Perspective On Close Relationships a. The ingredients of close relationships b. Culture and Relationships c. The internet and Relationship 2. Initial Attraction and Relationship Development a. Initial encounters b. Getting relationships c. Established relationships 3. Friendship a. What makes a good friend? b. Gender differences in friendship 4. Romantic Love a. Myths about love b. Gender differences regarding love c. Theories of love	

d. The course of romantic love
Unit-III Marriage and Intimate Relationship
1. Challenges to the traditional model of marriage 2. Moving toward marriage a. The motivation to marry b. Selecting to mate c. Predictors of marital success 3. Marital Adjustment Across The Family Life Cycle a. Between families: The unattached young adult b. Joining together: The newly married couple c. Family with young children d. Launching children into the adult world e. The family in later life 4. Vulnerable Areas in Marital Adjustment a. Gaps in role expectations b. Work and career issues c. Financial difficulties d. Inadequate communication 5. Divorce a. Increasing rate of divorce b. Deciding on a divorce c. Adjusting to divorce d. Remarriage
Unit-IV Careers and Work
1. Choosing a career a. Examining personal characteristics and influences b. Researching job characteristics c. Using psychological tests for career decisions d. Taking important considerations into account

2. Model of career choice and Development a. Holland's trait measurement and matching model b. Super's Development model c. Women's Career Development 3. The changing World of Work a. Workplace trends b. Education and Earnings
--

c. The changing workforce 4. Coping with Occupational Hazards a. Job Stress b. Sexual harassment c. Unemployment
--

NPSY 102 P Lab based on psychology of Adjustment (Any Four)

credit 02

1. Adjustment Inventory
2. Multiphase Interest Inventory
3. Interest Test
4. Vocational Interest Record: S.P. Kushrestha
5. Optimistic Pessimistic Scale
6. Family Relationship Scale: Govind Tiwari
7. Marital Adjustment Questionnaire

Reference Books

- Weiten, W.Lloyd A.M.(2004) Psychology Applied to modern Life: Adjustment in the 21st Century. (7th Ed) Singapore: Thomson Wadsworth Pvt.Ltd.
- Psychology for Living, Adjustment, Growth and Behaviour today By Eastwood Atwater Prentice hall of India Private Limited, New Delhi, 5th Edition-1995.
- Coleman, J.C.Psychology and effective behaviour, Bombay:D.B. Taraporevala Sons & Co.
- Lazarus, R.S. Patterns of adjustment, N.D. : McGraw-Hill
- Martin, L.G: Osborne, G.(1989) Psychology: Adjustment and everyday living, N.J. Prentice-Hall, Englwood Cliffs.
- Gray S.W. and Zide M.R. India Edition (2008). Psychology: A competency based assessment model for social workers. Thomson Group Pole.
- Dimatteo M.R & Martin L.R.(2002). Health Psychology N.D. Pearson.
- Brannon L. & feist J.(2007). Introduction to health psychology. India N.D. Thomson
- Marks D. Murray M. Evans, B.Willing C.Woodall C. & Sykes C.(2005). 2nd ed. Health psychology: Theory, Research and Practice.N.D.Sage Pub.

B.A -Semester- I Subject: PSYCHOLOGY**Minor-1****Select any one course form Basket-1**

The course **PSYCHOLOGY** in I semester has

Personality Development/ Psychology of Communication/ Gender Psychology

Select Any One From The Basket

Course No. NPSY 103T1: Title of the Course: PERSONALITY DEVELOPMENT

Course Outcome (CO): After completion of the course students will be able to:

CO 1: Understanding Personality

CO 2: Acquire Knowledge of Self

credit 02

CO 3: Learn methods of developing personality

Syllabus- Course GE/OE-I: Title- Personality Development
Unit I- Meaning of Personality
Recognizing the social value of personality, what is personality? Personality vs character, personality vs individuality, how personality consciousness show itself, personology
Unit-II Sick Personality
Determinants of personality sickness, cause of personality sickness, major categories of personality sickness, coping with personality sickness
Unit-III Healthy personality
Number of healthy personality, diagnosing healthy personalities, Characteristics of healthy personalities, self-acceptance, aids to achieving a healthy personality

Book Recommended

Elizabeth B. Hurlock, Personality Development

Course No. NPSY 103T2: Title of the Course: Psychology of Communication

Course Outcome (CO): After completion of the course students will be able to:

CO 1: Understand the psychology of communication

CO 2: Effectively use of nonverbal communication

CO 3: Know ways of effective communication

Credit 02

1. Syllabus- Course GE/OE-1: Title- <u>Psychology of Communication</u>
Unit I- Communication as a psychological phenomenon
Types of communication, Communication principles, Main characteristics of communication
Unit-II - Language of non-verbal communication
Characteristics of non-verbal communication, Types of non-verbal communication and body language, Guidelines for improving non-verbal communication
Unit-III Effective Communication
Strategies of impression management, Self-Presentation techniques, Seven seconds to make a first impression

Books recommended-

-LaroslavaLagniuk, Ponomaryav V.I, **Communication Psychology**, Publisher- V.NKarazinKharkiv National University(2016)

Course No. NPSY 103T3: Title of the Course: GENDER PSYCHOLOGY

Course Outcome (CO):

After completion of course students will be able to:

CO 1: Understand the concept of Gender

CO 2: Identify similarities between genders

CO 3: Know gender difference among various domains

Credit 02

Syllabus- Course GE/OE-I: Title- Gender Psychology	
Unit I- Introduction	
Definition of Terms, Cultural Differences in the Construal of Gender, Cultures with Multiple Genders, Morocco, The Agta Negrito, Tahiti, Status and Culture, Attitudes Toward Men's and Women's Roles, Affective Component: Sexism, Cognitive Component: Gender-Role Stereotyping, Behavioral Component: Sex Discrimination	
Unit-II Sex-Related Comparisons: I	
Maccoby and Jacklin's Psychology of Sex Differences, Meta-Analysis, Sex Comparisons in Cognitive Abilities, Spatial Ability, Mathematical Ability, Verbal Ability	
Unit-III Sex-Related Comparisons: II	
Sex Comparisons in Social Domains – Empathy, Helping Behavior, Sexuality, Activity, General Personality Attributes Sex Comparisons in Emotion- The Experience of Emotion, The Expression of Emotion, Physiological Measures of Emotion, Basis of Emotion, Sex Comparisons in Moral Development, Sex Comparisons in Social Development	

Books Recommended

Branscombe R.N, Baron A.R, Social Psychology, Pearson Publication (2022)

GENERIC/ OPEN ELECTIVE(GE/OE) 2

The course **PSYCHOLOGY** in I semester has

HEALTH MANAGEMENT / NUTRITION & MENTAL HEALTH/ HUMAN**RESOURCE MANAGEMENT course (CHOOSE ANY ONE)**

Select any one from the basket. Details of the courses are as under.

Course No. NPSY 104 T GE/OE 1: Title of the Course: Health Management

Course Outcome (CO): After completion of the course students will be able to:

CO 1: Understand health, illness and their continuum

CO 2: Understand the sources of stress and gain skills to overcome stress I their life and work

CO 3: Identify strengths and weaknesses in themselves and adopt strategies to enhance their strengths and minimize and weakness.

Credit 02

Syllabus- Course GE/OE-1 Title- Health Management
Unit I- Introduction to Health and Illness
Health and Illness: Illness, Health and Weltering; Health Continuum
Models of Health and Illness: Medical Bio-psycho-social; Holistic Health
Nature : Nature and Sources of Stress; Personal and Social Mediators of stress
Effects of Stress: Effects of Stress on Physical and Mental Health, Coping and Stress Management.
Unit-II Health Management
Health Enhancing Behaviours : Exercise, Nutrition, Meditation, Yoga: Health Compromising Behaviours (alcoholism, smoking, internet, addiction)
Protecting Health: Health Protective behaviours, Illness Management
Unit-III Promoting Human Strengths and Life Enhancement
Strength: Meaning; Realizing Strength; Maximizing Unrealized Strength.
Weakness: Meaning, Identifying and Overcoming Weakness. Strategies to develop Hope and Optimism

References:

- Carr. A. (2004) Positive Psychology: The science of happiness and human strength UK: Routledge
- Dimatteo, M.R & Marting L.R.(2002). Health Psychology. London: Hodder and Stoughton.
- Hick J.W.(2005) Fifty signs of Mental Health. A Guide to understanding Mental Health. Yale University Press.

- Snyder C.R. & Lopez.S.J. (2007) Positive Psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA Sage.
- Taylor.S.E. (2006) Health Psychology (6th Edition). New Delhi: Tata McGraw Hill

Course No. NPSY 104 T GE/OE 2: Title of the Course: Nutrition & Mental Health
Course Outcome (CO):

After completion of course students will be able to:

CO 1: Understand role of diet in relation to mood

CO 2: Know effect food on mental health

CO 3: Scientific method of food consumption

Credit 02

Syllabus- Course GE/OE-2: Title- Nutrition & Mental Health
Unit I-Introduction
Mental health of the nation, An holistic approach to mental health, The role of diet in mental health, Exploring the evidence References
Unit-II- Trends in food consumption and mental health
Changing patterns of food consumption, What we are eating now, Trends in the health of the nation
Unit-III -The role of diet in relation to mood and wellbeing
A healthy brain, A healthy brain for life, Food and mood in the general population, Foods that trick the brain, Foods that damage the brain, Foods that nourish the brain

Books Recommended –

Dr.Deborah Cornah, Feeding Minds, Mental Health Foundation and Sustain.

Course No.NPSY 104 T GE/OE 3: Title of the Course:Human Resource Management

Course Outcome (CO): After completion of the course students will be able to:

CO 1: Understand the meaning of human resource

CO 2: Know purpose & method of job analysis

CO 3: List the barriers to effective human resource planning

Credit 02

Syllabus- Course GE/OE-2: Title- Human Resource Management
Unit I- Introduction to Human Resource Management
Meaning of Human Resources, Uniqueness of Human Resources, Objectives of HRM ,Scope of HRM , Functions of HRM, HRM and Personnel Management (PM), HRM as a Profession, Qualities of an HR Manager , Line Versus Staff Authority of HRM The Future Role of HRM
Unit-II Job Analysis and Design
Introduction, Features of Job Analysis, Important Terms in Job Analysis, Goals of Job Analysis, Job Analysis Process, Techniques of Data Collection in Job Analysis, Job Description, Job Specification, Challenges Affecting the

Effectiveness of Job Analysis, Job Design, Environmental Influence on the Job Design
Unit-III Human Resource Planning
Introduction, Characteristics of Human Resource, Factors Affecting Human Resource Planning, Human Resource Planning Process, Requirements for Effective HR Planning, Benefits of HR Planning, Barriers to the HR Planning Process

BOOKS RECOMMENDED

Pravin Durai, Human Resource Management, Pearson Publication (2012)

B. A. Semester – I Subject: PSYCHOLOGY

Applied Courses –SEC-1

The course **PSYCHOLOGY** in I semester has

SEC – Lab the course – NPSY – P –I Health management Credit 02

- 1.Stress management Test
- 2.Frustration Test
- 3.Mental Health
- 4 PGI Health Questioner

OR

Physical and Mental Health Poster presentation

B. A. Semester – I Subject: PSYCHOLOGY

Applied Courses –SEC- II

The course **PSYCHOLOGY** in I semester has

Credit 02

Lab based course NPSY – P II Nutrition and Mental Health

Observing behaviour of children's in different life stage from the of view piaget (At list 3 cases)

B. A. Semester – I Subject: PSYCHOLOGY

Applied Courses –SEC- III

The course **PSYCHOLOGY** in I semester has Credit 02

NPSY III Lab based on Human research management

Senior on following Human resource management

Topic –

- 1 Function of HRM
- 2 Personal Management
- 3 Future planning management
- 4 Job satisfaction.
5. Benefit of HR Planning
- 6 Barriers of the HR planning process
- 7 Interviewing technique.

B. A. Semester – I Subject: PSYCHOLOGY

Applied Courses –VSC- I

Vocational Skill Enhancement (VSC)

The course Psychology in I semester has

Developmental Screening

Course No.NPSY 106 T :

Course Outcome (CO) : After completion of the course student will be able to:

Co 1: Learn skill to conduct the test

Co 2 : Acquire knowledge of rapport establishment

Co3 : Will get acquainted with report preparation

Syllabus – Course 1 : Title – Development Screening

The student should conduct the developmental screening test on 5 children age between 1 yr to 10 yrs. A Proper report of the tests to be prepared and should be submitted

- 1) Motor Growth o Prechildhood
- 2) Cognitive development of prechildhood
- 3) Moral development of aggression.

B. A. Semester – I Subject: PSYCHOLOGY

Applied Courses –VEC- I

Vocational Skill Enhancement (VEC)

The course Psychology in I semester has

LIFE SKILL CURRICULUM (VEC) NPSY 107 T

The course PSYCHOLOGY in I semester has

COUNSELING PSYCHOLOGY

Select any one from the basket. Details of the courses are as under.

Course Outcome (CO): After completion of the course students will be able to:

1. Definition of Counselling
2. Differences between guidance and Counselling
3. Personal Counselling
4. Interpersonal Counselling
5. Family Counselling
6. Educational Counselling
7. Vocational Counselling

Reference Books:

1. Samuel T. Gladding (2009), Counselling (6th ed.) Pearson
2. Chandrashekar Deshpande (2010) Samupdeshan –Shastriya Prakiraya va Upayyoujan. Unmesh.

B. A. Semester – II Subject: PSYCHOLOGY**Discipline Specific Course (DSC-III)**

The course PSYCHOLOGY in I semester has

UNDERSTANDING PSYCHOLOGY

**Course No.1 NPSY 201 T (Course -I): Title of the Course: Understanding Psychology
Credit 03**

Syllabus- Course 1: Title- Understanding Psychology	
1. Definition of Personality 2. Theories of Personality a. Freud's Psychoanalytic Theory b. Allport's Theory c. Cattell's Theory d. The Big Five Model 3. Assessment of Personality A. Personality Inventories a. 16 PF b. MMPI c. NEO-PI 4. Assessment of Personality A. Behavioural Assessment a. Observation b. Rating B. Projective Techniques a. TAT b. Rorschach's Ink Blot Test c. Sentence Completion Test	
Unit-II Learning:-	
1. Definition of Learning 2. Classical Conditioning a. Pavlov's Experiment b. Extinction c. Spontaneous Recovery d. Generalization e. Discrimination f. Higher Order Conditioning 3. Operant Conditioning a. Thorndike's laws of learning b. Skinner's Experiment	

c. Positive Reinforce d. Negative Reinforce e. Schedules of Reinforcement f. Shaping
4. Cognitive Learning Theories a. Tolman Kolher b. Observational learning Theory (Bandura)
Unit-III Memory
1. Definition and Process 2. Types of Memory a. Sensory Memory b. Short Term Memory c. Long Term Memory 3. Types of Long Term Memory a. Procedural b. Declarative (Episodic, Semantic) c. Explicit and Implicit 4. Forgetting a. Course of forgetting (Ebbinghaus forgetting curve) b. Cause of forgetting c. Encoding failure d. Decay of Memory traces e. Interference f. Motivated forgetting
Unit-IV Intelligence
1. Definition of Intelligence 2. Measurement of Intelligence a. Concept in Measurement of intelligence (C.A., M.A., I.Q.) b. Test of Intelligence –Binet, Stanford Binet Wechsler 3. Individual difference in intelligence a. Mental Retardation: Meaning, causes and classification b. Giftedness 4. Theories of Intelligence-Spearman, Gardner, Sternberg.

NPSY 201P Lab base understanding Psychology (Any Four)

Credit 02

1. Pass along test
2. 16 PF
3. Eysenck Personality Inventory
4. Habit Interference
5. Letter digit substitution test

6. STM
7. Real & Recognition

Reference Books :

1. Ciccarelli, S. & Meyer G.E. (2006) Psychology. New Delhi Pearson Education.
2. Feldman R.S. (8th Ed 2008) Understanding Psychology. TMH.
3. Passer M.W. & Smith R.E.(2007) Psychology. The Science of Mind and Behaviour. New Delhi Tata McGraw-Hill.

B.A SEMESTRE -II, Subject: PSYCHOLOGY**Discipline Specific Course (DSC-IV)**

The course **PSYCHOLOGY** in **II semester** has

BIO-PSYCHOLOGY

Course No.4 (Course -IV): Title of the Course: Bio Psychology

Course Outcome (CO): After completion of course students will be able to:

CO 1: Acquired knowledge of Biopsychology.

CO 2: Understood brain structure and function.

CO 3: Developed the knowledge of Endocrine system.

Credit 03

Syllabus- Course 4: Title- Bio Psychology
Unit-I: Introduction to biopsychology
1. Biopsychology - a) Definition b) Origin of biopsychology, Nature and scope
2. Division of biopsychology- a) Physiological psychology b) Psychopharmacology c) Neuron psychology
Unit-II: Nervous Systems
3. Structure of Brain, Neuron and nerves, Function of neuron
4. The synapses, CNS & PNS: Structure and functions.
5. Functional abnormalities of neurotransmitters: Dopamine:-function and effect, Serotonin hypothesis:- function and effect
Unit-III Endocrine System
6. Structure of Endocrine System
7. Functions of Endocrine System
8. Abnormalities of major glands- a)Thyroid, b)Adrenal, c)Gonads, d)Pituitary, e)Pancreas, f)Pineal

Reference Books:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson

NPSY 202P Lab based Biopsychology –

- 1 Neuron system Poster Presentation
- 2 Structure of Brain system function details Report writing.
- 3 Neurotransmitters function.
- 4 Function of Endocrine system.

Reference Books:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson

Subject: PSYCHOLOGY**GENERIC/ OPEN ELECTIVE(GE/OE) -3**

The course **PSYCHOLOGY** in II semester has

STRESS MANAGEMENT/ PSYCHOLOGY OF LEADERSHIP/ CORPORATE

PSYCHOLOGYcourse (**CHOOSE ANY ONE**) for **02**credits:

Select any one from the basket. Details of the courses are as under.

Course No.NPSY 203 T 1 **GE/OE 3: Title of the Course:**STRESS MANAGEMENT

Course Outcome (CO): After completion of the course students will be able to:

CO 1:Learn Sources of stress

CO 2: Understand techniques of relaxation

CO 3: Know different methods of stress reliving exercise

Syllabus- Course GE/OE3 -: Title- Stress Management
Unit I- Introduction to Stress
Stress: What is it? Sources of Stress, Types of Stressors, Internal Sources of Stress and Anxiety, Cognitive Aspects of Stress and Anxiety, Anxious Thoughts ,Signs and Symptoms of Stress Overload Effects of Stress ,50 Common Signs and Symptoms of Stress
Unit-II Stress Relieving Techniques
Diagram of the Effects of Stress on the Body, Questions to Consider When Assessing for Stress , The Stress Response, The Relaxation Response, Mindfulness, How to do a Mindfulness Exercise, 10 Simple Ways to Practice Mindfulness Each Day, Relaxation in a Hurry, Relaxing Your Body at Work
Unit-III Exercise
Progressive Muscle Relaxation, Deep Breathing, Guided Imagery, Self Massage and Self Massage Techniques, Thought Stopping Techniques, List of 38 Stress Busters

Books Recommended-

Klinic Community Health Centre, Stress & Stress Management, 2010

Course No.NPSY 203 T2 **GE/OE:** Title of the Course:**PSYCHOLOGY OF LEADERSHIP**

Course Outcome (CO): After completion of the course students will be able to:

CO 1:Enable students to apply psychological facts in their life

CO 2: Learn qualities of leaders

CO 3: Understand characteristics of leadership

Syllabus- Course GE/OE 3 -: Title- Psychology of Leadership
Unit I- Personal Characteristics Associated with Leadership
Leader Emergence, Leader Performance
Unit-II- Interaction between the Leader and the Situation
Situational Favorability, Organizational Climate, Subordinate Ability, Relationships with Subordinates
Unit-III Specific Leader Skills
Leadership through, Decision Making, Leadership through Contact: Management by Walking Around, Leadership through Power, Leadership through Vision: Transformational Leadership, Leadership through Persuasion

Book Recommended-

Branscombe R.N, Baron A.R, Social Psychology, Pearson Publication (2022)

Course No. NPSY T3 GE/OE 3: Title of the Course: CORPORATE PSYCHOLOGY

Course Outcome (CO):

After completion of course students will be able to:

CO 1: Learn why people join group

CO 2: Know how to reduce conflicts

CO 3: Understand how teams operate

Syllabus- Course GE/OE 3-: Title- Corporate Psychology
Unit I- Group Dynamics
Definition of a Group, Reasons for Joining Groups, Factors Affecting Group Performance- Group Cohesiveness, Groupthink
Unit-II- Individual Versus Group Performance & Team
What Is a Work Team?, Types of Teams, How Teams Develop, Why Teams Don't Always Work
Unit-III Group Conflict
Types of Conflict, Causes of Conflict, Conflict Styles, Resolving Conflict

Book Recommended-

Branscombe R.N, Baron A.R, Social Psychology, Pearson Publication (2022)

B.A SEMESTER – II, Subject: PSYCHOLOGY**GENERIC/ OPEN ELECTIVE(GE/OE) I**

The course **PSYCHOLOGY** in II semester has

**HAPPINESS/ PSYCHOLOGY OF PROCRASTINATION/
PSYCHOLANLYSIS**

Course No.NPSY 204 T1 GE/OE: 4 Title of the Course:HAPPINESS

Course Outcome (CO): After completion of the course students will be able to:

CO 1:Know how to deal with adverse conditions in life

CO 2: Learn methods to be happy

CO 3: Techniques to increase happiness

Syllabus- Course GE/OE: 4 Title- Happiness
Unit I- Social Tactics for Decreasing the Harmful Effects of Stress
Using Social Groups to Improve Health, Social Identification as a Means for Managing Stress, What Research Tells Us About... Reducing Post-Traumatic Stress Among Veterans, Accepting Ourselves
Unit-II Fostering Happiness in Our Lives
How Happy Are People, in General? Factors That Influence Happiness, Does Monetary wealth Creat Happiness? , Is happiness Getting What You Want or Enjoying What You Have, Differences Between Happy and Unhappy People, What Research Tells Us About... The Relationship Between Emotions and Life Satisfaction Within Different Cultures
Unit-III Benefits of Happiness
Is It Possible to Be Too Happy? Increasing Happiness Levels, Entrepreneurship as a means of Seeking Happiness

Book Recommended-

Branscombe R.N, Baron A.R, Social Psychology, Pearson Publication (2022)

B.A SEMESTER – II, Subject: PSYCHOLOGY**GENERIC/ OPEN ELECTIVE(GE/OE) II**

The course **PSYCHOLOGY** in II semester has

Psychology Applied to modern life

Course No. GE/OE: 4 Title of the Course (GE/OE): Psychology Applied to modern life

Course Outcome (CO): After completion of the course students will be able to:

Syllabus- Course GE/OE-4 Title- Psychology Applied to modern life
1 Effective Parenting – Raising Healthy Children.
2 Wellbeing and happiness – What makes a good life ?
3 Behavioral self management – A Rewarding Project.
4 Enhancing Creativity – Brain Storms.
5 Emotional Intelligence - The fine Arts of self-control.
6 Barriers and Bridges – Understanding shyness.
7 Handedness – if your brain is right, what's left ?
8 Memory – Stages of Memory.

References

Dennis Coon & John O Mitterer (2007), Introduction to Psychology – Gateways to mind and Behaviour (11th Ed), Thomson – Wadsworth.

B.A SEMESTER – II, Subject: PSYCHOLOGY**GENERIC/ OPEN ELECTIVE(GE/OE) III**

The course **PSYCHOLOGY** in II semester has

PSYCHOLANLYSIS

Course No. NPSY 204 T3 GE/OE:4 Title of the Course:Psychoanalysis

Course Outcome (CO): After completion of course students will be able to:

CO 1: Know about personality structure

CO 2: Understand relation between personality and birth order

CO 3: Learn about personality types

Syllabus- Course GE/OE:4 Title- Psychoanalysis
Unit I- Theory of Sigmund Freud
Structure of personality, psychosexual developmental stages, Defense mechanism
Unit-II Jung Theory of Personality
Structure of personality, Archetypes, Psychological Types
Unit-III Adlerian theory
Five basic concept, Birth order, Major Lifestyle Types

Book Recommended-

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:

B. A. Semester – II Subject: PSYCHOLOGY**Applied Courses –SEC-1**

The course **PSYCHOLOGY** in II semester has

Course No. NPSY 205PI SEC 1: Title of the Course: Happiness Lab Work/

1 Relaxtaion Training

2 Cognitive Behavioural Therapy .

3 Seminar an following behaviour techniques for management.

B. A. Semester – II Subject: PSYCHOLOGY

Applied Courses –SEC-1

The course **PSYCHOLOGY** in II semester has

Psychology Applied to Modern Life

Lab based on work NPSY 205P2

- 1 Group discussion on any burning topic in theory base.
- 2 Psychological Analysis of any one character from novel

B. A. Semester – II Subject: PSYCHOLOGY

Applied Courses –SEC-1

The course **PSYCHOLOGY** in II semester has

Psychology Applied to Modern Life

Lab based on work NPSY 205P3

Psychoanalysis

Lab work

Psychoanalysis therapy treatment ,report writing e.g. Dream analysis, Interpretation, Body language, emotional expressions & verbal & Nonverbal communication, Free association technique, Hypnosis therapy with report writing.

B. A. Semester – II Subject: PSYCHOLOGY

VSC-I

The course PSYCHOLOGY in II semester has

MOTOR LEARNING

Course No.NPSY 206T 1 (Course-I) Title of the Course: Motor Learning

Course Outcome (CO): After completion of course students will be able to:

CO 1: Use the knowledge of child development stages in practice

CO 2: Learn to conduct psychology based activities

CO 3: Will get acquainted with report preparation

Syllabus-Course 1: Title-Motor Learning

Conducting activities for children age 3yrs to 10 yrs. The activity should be based on the fine motor development and gross motor develop of the child. Over all five activities to be conducted. Student should write down activates that he/she will be conducting. They have to prepare a report of observation and submit.

B. A. Semester – II Subject: PSYCHOLOGY

VEC-I

The course PSYCHOLOGY in II semester has

UNDERSTANDING THE EFFECT OF DRUGS

Course No.NPSY 207T 1 (Course-I) Title of the Course: Understanding the effect of Drgus.

Syllabus Course 1:

1. Observing the Drug addictions in the society, and explain your own views and causes, why people become addicted? (Student should submit at least 3 cases) Ex: Drug related concepts, Narcotics, Sedatives, Stimulants, Hallucinogen's, Marijuana, Ecstasy (MDMA)