DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, CHHATRAPATI SAMBHAJINAGAR.

Circular / Acad Sec./ UG /CBCS/ III Yr Curri./Affi. Col./ 2024.

It is hereby inform to all concerned that, on the recommendation of Dean of Faculty of Humanities; **the Academic Council at it's Meeting held on 08th April, 2024 has accepted the "*following Subject wise revised Curriculum at UG Level* as per *Choice Based Credit & Grading System*" *for all concerned affiliated colleges*** under the Faculty of Humanities.

Sr. No.	UG/PG Course Curriculum Name	Semester
01.	B. A. Third Year as per CBCS [Marathi] for Colleges	Vth & VIth
02.	B. A. Third Year as per CBCS [Hindi] for Colleges	Vth & VIth
03.	B. A. Third Year as per CBCS [English] for Colleges	Vth & VIth
04.	B. A. Third Year as per CBCS [Urdu] for Colleges	Vth & VIth
05.	B. A. Third Year as per CBCS [Pali & Buddhism] for Colleges	Vth & VIth
06.	B. A. Third Year as per CBCS [Arabic] for Colleges	Vth & VIth
07.	B. A. Third Year as per CBCS [Sanskrit] for Colleges	Vth & VIth
08.	B. A. Third Year as per CBCS [Political Science] for Colleges	Vth & VIth
09.	B. A. Third Year as per CBCS [Public Administration] for Colleges	Vth & VIth
10.	B. A. Third Year as per CBCS [Economics] for Colleges	Vth & VIth
11.	B. A. Third Year as per CBCS [History] for Colleges	Vth & VIth
12.	B. A. Third Year as per CBCS [Sociology] for Colleges	Vth & VIth
13.	B. A. Third Year as per CBCS [Geography] for Colleges	Vth & VIth
14.	B. A. Third Year as per CBCS [Psychology] for Colleges	Vth & VIth
15.	B. A. Third Year as per CBCS [Thouhgts of Mahatma Phule & Dr. B. R. Ambedkar] for Colleges	Vth & VIth
16.	B. A. Third Year as per CBCS [Islamic Studies] for Colleges	Vth & VIth
17.	B. A. Third Year as per CBCS [Military Science] for Colleges	Vth & VIth

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18.	**B. A. Third Year as per CBCS [Philosophy] for Colleges**	**Vth & VIth**
19.	**B. A. Third Year as per CBCS [National Cadet Corps (NCC)] for Colleges**	**Vth & VIth**

This is effective from the Academic Year 2024-25 and Onwards as per 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 Sambhajinagar-431 004.
Ref. No. SU/UG-III Yr/ Affi.Coll./
CBCS Curri/ 2024/25897-906

Date: 24.05.2024.

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Deputy Registrar,
Academic.

Copy forwarded with compliments to:-

1] **The Principal, all concerned affiliated colleges,**
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.

2] **The Director,** University Network & Information Centre, UNIC, with **a request to upload this Circular on University Website.**

Copy to :-

1] **The Director, Board of Examinations & Evaluation,**
2] **The Sec. Officer, [Concerned Unit] Exam. Branch,**
3] The Section Officer, [Eligibility Unit],
4] The Programmer [Computer Unit-1] Examinations,
5] The Programmer [Computer Unit-2] Examinations,
6] The In-charge, [E-Suvidha Kendra],
7] The Public Relation Officer,
8] The Record Keeper,
Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.

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DrK*240524/-

DR. BABASAHEB AMBEDKAR MARATHWADA

UNIVERSITY, Chh. Sambhajinagar

Subject: - PSYCHOLOGY

Revised Syllabus of B.A. Third Year

CHOICE BASED CREDIT SYSTEM (CBCS)

(Effective from 2024-25)

Dr. Aparna Altapure
Chairperson, BOS
Psychology

Dr. Babasaheb Ambedkar Marathwada University, Chh.Sambhajinagar

CHOICE BASED CREDIT SYSTEM (CBCS)

Curriculum Structure and Scheme of Evaluation for **B. A. Third Year Psychology**

With effective from 2024-25

SEMESTER -V

Subject/ Programme	Course Code	Title of the Course	Lectures / per week		Total Lectures	Total Credits	Marks		
			Theory	Practical			Theory	Practical	Total
DSE-3 Elective Theory (Select any one)	DSE-3 PSYA1 DSE-3 PSYA2	**Psychopathology Or Organizational Psychology**	4	-----	60	2	30		30
	DSE-3 PSY-P5	**Experiment**		4	60	2		40	40
SEC	PSYSEC-3C	**Introduction to Counselling**	4	---	60	2	30		30
Generic Elective	PSY GE -1	**Personality Development**	4	----	60	3	40	10	50
Total of Semester - V			**12**	**4**	**240**	**9**	**100**	**50**	**150**

SEMESTER- VI

Subject/ Programme	Course Code	Title of the Course	Lectures / per week		Total Lectures	Total Credits	Marks		
			Theory	Practical			Theory	Practical	Total
DSE-3 Elective Theory (Select any one)	DSE-3 PSYB1 DSE-3 PSYB2	**Psychotherapy Or Organizational Behaviour**	4	-----	60	2	30		30
	DSE-3 PSY- P6	**Psychometric Testing**		4	60	2		40	40
SEC-	PSYSEC--3D	**Counseling In Action**	4	---	60	2	30		30
Generic Elective	PSY GE -2	**Stress Management**	4	----	60	3	40	10	50
Total of Semester - VI			**12**	**4**	**240**	**9**	**100**	**50**	**150**

Annual Practical Semester –V &VI

Subject/ Programme	Course Code	Title of the Course	Lectures / per week		Total Lectures	Total Credits	Marks		
			Theory	Practical			Theory	Practical	Total
	DSE-3 PSY-P5	**Experiment**		4	60	2		40	40
	DSE-3 PSY-P6	**Psychometric Testing**		4	60	2		40	40
Total of Semester – V & VI				**8**	**120**	**4**		**80**	**80**

SEMESTER –V
Course Code DSE-3 PSYA1
Title of the Course: Psychopathology
(Elective Theory)

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

1. Learn Current systems of classification of Mental Disorders
2. Understand the symptomatology of different psychological disorders
3. Learn etiology and dynamics of the disorders with respect to various theoretical approaches.

I .Stress and Physical Mental Health

What is stress?, Stress and the DSM, Factors Predisposing a Person to Stress Characteristics of Stressors, Measuring life stress, Resilience. Stress and Physical Health The stress Response The Mind-Body connection Understanding the Immune System .Posttraumatic Stress Disorder Causes and Risk Factors .Prevention and treatment of Stress Disorders Prevention

II. Somatic Symptom and Dissociative Disorders

Somatic symptom Disorder, DSM 5 Criteria for Somatic symptom Disorder, Causes of Somatic – Symptom Disorder , Treatment of Somatic Symptom Disorder, Dissociative disorders : An Overview, Depersonalization/Realization Disorder , Dissociative Amnesia, Dissociative Identity Disorder , Cultural Factors, Treatments, and outcomes in Dissociative Disorders

III. Eating Disorder and Obesity

Clinical Aspects of Eating Disorders - Anorexia Nervosa , Bulimia Nervosa, Bing - Eating Disorder . Changing Body Image Risk and Causal Factors in Eating Disorders -Biological Factors , Social cultural Factors, Family Influences , Individual Risk Factors .New Option for Adults with Anorexia Nervosa-Treatment of Binge - Eating Disorder. Risk and Causal Factors in Obesity

IV. Substance -Related Disorders

Alcohol – Related Disorders- The Prevalence, Co morbidity and Demographics of Alcohol Abuse and Dependence. Stimulants -Cocaine , Amphetamines , Methamphetamine . Sedatives- Effects of Barbiturates , Causal Factors in Barbiturate Abuse and Dependence, Treatments and outcomes. Hallucinogens – LSD, Mescaline and Psilocybin, Ecstasy, Marijuana

Books for Reading:

1. Carson, R.C., Butcher, J.N., Mineka, S., & Hooley, J.M. (2007). Abnormal Psychology, 13th Edn. Pearson Education, India.
2. Davison, G.C. Neal, J.M. & Kring, A.M. (2004). *Abnormal psychology*. (9th ed.). New York: Wiley.
3. Comer, R.J. (2007). *Abnormal psychology* (6th ed.). New York: Worth Publishers.
4. Barlow, D.H. & Durand, V.M. (1999). *Abnormal psychology* (2nd ed.). Pacific Grove: Books/Cole.
5. Ann M. Kring, Sheri L. Johnson, Gerald C. Davison and John M. Neale(2010): Abnormal Psychology(11th ed), John Wiley & Sons, Inc., USA.
8. Rajhanse Manasi, Patil Anagha & Sushil Surve (2012) *Apasamanyanche Manasshastra*, (New revised Ed.) Unmesh Prakashan, Pune

SEMESTER –V
Course Code DSE-3 PSYA2
Title of the Course: Organizational Psychology
(Elective Theory)

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

1. Will be able to explain key theories and concepts in organizational psychology.
2. Acquire the ability to apply psychological principles to real-world organizational issues.
3. Gain insights into effective leadership styles and management practices

I. Historical context of organizational Behaviour:- • Definition of O.B. , Goals and elements of O.B., Fundamental Concepts Nature of Organization ,Models of O.B. - Autocratic, Custodial, Supportive and Collective models of O.B. • Contribution of Taylor & Fayoll

II. Perspectives for understanding O.B:- Open system approach ,Human Relations perspective, Socio-technical approach, Developing an O.B. model Responsive to Indian realities

III. Person in the organization: Biographical characteristics, Personality Definitions and Measurement, Major Personality attributes affecting O.B., Matching personality and job, Personality and culture

VI. Values, Attitudes and job satisfaction: Values: i. Importance of values ii. Types of values iii. Values loyalty and ethical behaviour, Attitudes: Types of Attitudes , Attitudes and Consistency, Cognitive Dissonance theory, Attitudes and work- force diversity, Job-Satisfaction:, Measuring J. S., The effect of J. S. on Employee Performance

Books of Readings:

1) Robbins S.P. (2000) Organizational Behaviour concepts, controversies and application, New Delhi Prentice Holl of India

2) Peters (1994) completive advantage through people, Unlashing the power of workforce BastonHavard Business School Brass

3) Dunnette M.D. and hough L.M. (1992) Hardbreak and Industrial and Organizational Psychology and edition counslling Psychology

4) Cumming L.L. and Staw B.M. (1999) Research in Organizational Behaviour care with jai Press

SEMESTER –V
Course Code DSE-3 PSY- P5
Title of the Course: Experiment

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

1. Understanding of experimental methodology
2. Hands-on experience in conducting psychological experiments.
3. Understand the ethical considerations in conducting experiments.

CONDUCT ANY EIGHT FORM THE FOLLOWING

1) Localization of Sound
2) Effect of noise on performance
3) Reminiscence
4) Field of Vision & Color Zone by Perimeter
5) Multiple Choice
6) Signal Detection
7) Free Association
8) Serial position effect
9) Retroactive inhibition
10) Paired Associate Learning
11) Zeigarnic effect
12) Mental work and Rest
13) Reaction time (Disjunction)

Marks Distribution

Instruction & Procedure	Report	Viva	Record Book (internal)	Total
10	10	10	10	40

SEMESTER –V
Course Code PSYSEC-3C
Title of the Course: Introduction to Counselling

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

1. Understand the core theories and principles of counseling psychology
2. Develop essential counseling skills, including active listening, empathy, rapport building
3. Understand the ethical and legal standards in counseling practice

I. **Definition of Counselling Psychology**:- Importance of counseling, ii. goals of counseling., iii. Scope of counseling

II. **Building counseling relationship**:- a) Factors influencing the counseling process seriousness of the presenting problem ii. structure iii. initiative iv. physical setting client qualities vi. counselor qualities b) Types of initial interview. 1. client versus counselor initiated interview ii. information oriented first interview ii, relationship oriented first interview iv. conducting the initial interview V. empathy.

III. **Working in a counseling relationship:-** Counsellor skills in the understanding and action phases. Changing perceptions ii. Leading iii. multifocused responding iv. accurate empathy self disclosure vi. immediacy vii. humor viii. Confrontation ix. Contracting Rehearsal xi. Transference and counter transference

IV. **Termination of counseling relationship:-** function of termination • timing of termination Issues of termination-- termination of individual sessions - termination of counseling relationship resistance to terminalion : client resistance-counsellor resistance premature termination • cousellor initiated termination.

Books recommended:

1)Counseling: A Comprehensive Profession (6!"h edition) by Samuel T. Gladding (2009) ; New Delhi: Pearson Education (Indian edition published by Dorling Kinderslen india Pvt. Ltd.)

2) Introduetion to counseling and guidance (6" edn) by R.L. Gibson and M.H.Mitchell (2005) New Delhi: Prentice Hall (Eastern Economy Edition)

3 Counselling Psychology (1995) by C.J.Gelso and B.R.Fretz. Bengurulu: Prismindia

4) Samupadeshan (Marathi) by (ed) Deshpande C.G.(2010) Pune : Unmesh Prakashan

SEMESTER –V
Course No. PSY GE -1
Title of the Course: PERSONALITY DEVELOPMENT

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

CO 1: Understanding Personality
CO 2: Acquire Knowledge of Self
CO 3: Learn methods of developing personality

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

II. **Sick Personality** -Determinants of personality sickness, cause of personality sickness, major categories of personality sickness, coping with personality sickness

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

SEMESTER –VI
Course No. DSE-3 PSYB1
Title of the Course: Psychotherapy
(Elective Theory)

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

1. Learn Different approaches in therapies
2. Understand Application of theory to help the client
3. Acquire Techniques of psychotherapy

I. What is Psychotherapy? The talking Cure, General Conditions of Psychotherapy, Differences among Therapeutic Approaches, One Model of Psychotherapy, Starting Psychotherapy, Essential Process in Psychotherapy, From Understanding to Action, Terminating Psychotherapy

II. Psychoanalysis- History and Background, Standard Psychoanalysis, The Aim of Psychoanalytic Therapy, The Process of Psychoanalytic Therapy, Critical Evaluation of Psychoanalysis, Variations on a Theme by Freud.

III. Behavior Therapy- History and Background, the Behavioral Orientation, Pavlovian and Skinnerian Approaches, Techniques of Behavior Therapy, Critical Evaluation of Behavior therapy.

IV. Humanistic - Existential Psychotherapy - Humanistic Psychology, The Phenomenological Framework, Existentialism, Clint-Centered Psychotherapy, Logo therapy, Gestalt Therapy, Critical Evaluation of Humanistic-Existential Psychotherapies.

Books for Reading:-

1) Introduction to clinical Psychology Science, Practice and Ethics, By Jeffrey E. Hecker and Geoffrey L. Thorpe. New Delhi, Pearson Education Indian Edition, 2007.
2) Modern clinical Psychology By Korchin S.J. CBS Publishers and Distributiors, New Delhi, 1986.
3) Clinical Psychology by Trull and Phraes (2001) Sixth Edition, Wadsworth,

SEMESTER –VI
Course No. DSE-3 PSYB2
Title of the Course: Organizational Behaviour
(Elective Theory)

I. **The individual in the organization:** Motivation concept Early theories of motivation Need hierarchy theory Theory X and Y Two factor theory " MBO Behaviour modification Employ involvement programs

II. **The group and organization:** Nature, types, and stages of group development , Conditions affecting group functioning of organizational structure Group Structure :- A) Roles B) Norms C) Status D) Sings . Group Decision A) Groups Versus the Individual B) Group think and Group Shift C)Group Decision Making Techniques

III. **Communication in organizations:** Communication model, Barriers and sources of disiortions Directions and network of communicalions Communications and decision making, Cross-cultural communications

IV. **Leadership in organizations**: Nature and types, Behavioral theories, Contingency theories and contemporary issues in leadership, leadership and Power Bases of power and power in action

Books for Reading:

1] Robbins S.P. (2000) organizational Behaviour 5 Books concepts, controversies and applications new Delhi practice hall of India
2] Pfeffer J. (1994) completive advantage through people unleashing the power of workforce BastonHavard business school press
3) Dynnettc M.D. and Hough LM. (1992) Handbook of Industrial and organizational Psychology and edition Palo Alto: Counselling psychology press
4] Cummings LL. and Staw B.M. (1999) Research in organizational behaviour, green wich CT Jai Press

SEMESTER –VI
Course Code DSE-3 PSY- P6
Title of the Course: Psychometric Testing

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

1. Learn administration, and interpretation of psychological tests.
2. Gain a solid understanding of the basic principles of psychometrics, including reliability, validity, standardization, and norm-referencing.
3. Develop skills in administering psychological tests in a standardized manner, ensuring consistency and fairness.

CONDUCT ANY EIGHT FORM THE FOLLOWING

1) Personality Inventory - Khire& Rajguru
2) Maudsiey Personality Inventory (MPI)
3) Achievement Motivation test
4) Bine Kamat test (IQ test)
5) Self Confidence Inventory - Rekha Gupta
6) Comprehensive Battery of scale of Entrepreneurship (CBSE-S)
7) NEO-PI
8) High School Personality Inventory (HSPQ)
9) Dimensional Personality Inventory (DPI) 9
10) Weschler's Adult Performance Intelligence Scale (WAPIS)
11) Bhatia's Intelligence Battery
12) Dysfiunction Analysis Questionnaire (DAQ)- D. Pershadct.al
13) Sentences Completion test
14) Defense Mechanism Inventory (DMI)- N.R. Mrinal

Marks Distribution

Instruction & Procedure	Report	Viva	Record Book (internal)	Total
10	10	10	10	40

SEMESTER –VI
Course Code PSYSEC-3D
Title of the Course: Counseling In Action

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

1. Develop essential counseling skills, including assessment, and intervention techniques.
2. Understand the major therapeutic approaches such as cognitive-behavioral therapy, humanistic therapy, psychodynamic therapy, and integrative approaches.
3. should be able to conceptualize cases from multiple theoretical perspectives and develop comprehensive treatment plans

I. **Theories of counseling**: - Psychoanalysis, Humanistic , Behavioral counseling, Rational Emotive Behaviour Therapy, Cognitive therapy, Bowen systems therapy, Crises counseling.

II. **The Importance of Career counseling:** Career information Career development theories and counseling Trait and Factor theory , Developmental Theory ,Social cognitive career theory Career counseling with diverse populations : with children , with adolescents , with college students , with adults, with women , with minority groups , with sexual deviates

III. **Marriage, Couple and Family Counseling:** The changing forms of family life, Family life and family life cycles, Marriage/family counseling versus individual groups counseling, Overview of Marriage, Couple and Family counseling, The process of marriage, Couple and Family counseling • Termination of counseling.

IV. **College Counseling and student Life Counseling:** College counseling- Emphases and roles ii. Activities • Student life professionals- Emphases and roles ii. Activists • Counseling with nontraditional students - Older students ii. Part time students iii. First generation students iv. Minority culture students

Books of recommended:

1) Counseling: A Comprehensive Profession (6" edition)by Samuel T. Gladding (2009);New Delhi: Person Education (Indian edition published by Dorling Kindersley India pvt.ltd.)
2) Introduction to counseling and guidance (6" edn) by R.L. Gibson and M.H.Mitchell (2005) New Delhi: Prentice Hall (Eastemn Economy Edition)
3) Counseling Psychology (1995) by C.J.Gelso and B.R.PretzBengurulu: Prismindia
4) Samupadeshan (Marathi)(ed) Deshpande C.G.(2010) Pune : Unmesh Prakashan

SEMESTER –VI

Course No. PSY GE -2

Title of the Course: STRESS MANAGEMENT

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

1:Learn Sources of stress
2: Understand techniques of relaxation
3: Know different methods of stress reliving exercise

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

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

III. **Exercise** Progressive Muscle Relaxation, Deep Breathing, Guided Imagery, Self Massage and Self Massage Techniques, Thought Stopping Techniques, List of 38 Stress Busters