



**Anekant Education Society's**  
**Tuljaram Chaturchand College of Arts, Science and Commerce,**  
**Baramati**  
**(Autonomous)**  
**(Affiliated to Savitribai Phule Pune University, Pune )**  
**CBCS Syllabus**  
**(Faculty of Humanities)**  
**For the**  
**Bachelor of Arts Programme (B.A.)**  
**Semester-II**  
**For Department of Psychology**

**Tuljaram Chaturchand College of Arts Science and Commerce,**  
**Baramati.**

**Choice Based Credits System Syllabus (2023 Pattern)**

**(As Per NEP2020)**

**To be Implemented from Academic Year 2023-2024**

## Preamble

### Introduction

The revised FYBA syllabus is proposed with utmost care and consideration to maintain the continuity in the flow of information of syllabus at SYBA and TYBA levels. Considering the prerequisites of the current trends in the field of Psychology some of the modules have been upgraded and modified. The syllabus has been built with the intention of enhancing the student's skills in theoretical understanding as well as generates awareness of recent developments in the field of Psychology in India and the application of the theories. This course aims at enriching the minds of students and it has aims to develop a multidimensional understanding of the topics. It attempts to approach new areas of learning, develop competencies in the students thereby opening various avenues for self-discovery, academic understanding and employment. Students would be encouraged to develop an understanding of real life issues and participate in the programs and practices in the social context. Use of ICT and mass media and web based sources is highly recommended to make the teaching-learning process interactive and interesting.

### Programme Specific Outcomes (PSO)

PSO1. Students will learn the basic concepts of the field of psychology with an emphasis on application of psychology in everyday life.

PSO2. The students will be able to develop an understanding of the concept of individual differences with the goal to promote self-reflection and understanding of self and others.

PSO3. Students develop an understanding of the individual in relation to the Social world, it also introduces students to the realm of social influence as to how individuals think feel and behave in social situations.

PSO4. Students develops a sound knowledge about the psychometric tools and assessment.

PSO5. To facilitate learner to pursue career in professional areas of psychology.

PSO6. To equips the learner with an understanding of the concept and process of human Development across the lifespan.

PSO7. To develops an awareness of the concepts related to organizational behavior and also helps the students to develop connectivity between the concepts and practices of organizations.

PSO8. To develops an awareness of Psychological tools, techniques and tests.

PSO9. To learns the theoretical aspects of psychology as well as the skills, techniques and their applications.

PSO10.The students will be able to communicate efficiently psychological reports and information to concerned parties.

**Anekant Education Society's**  
**Tuljaram Chaturchand College of Arts, Science and Commerce,**  
**Baramati**  
 (Autonomous)

<b>Board of Studies (BOS) In Psychology</b>		
Sr.No	Name	Designation
1	Dr. Vijaykumar B. Shinde	Chairman
2	Dr.Shirish k.Shitole	Member (Expert From other university)
3	Dr.Rajendra R.Waman	Member (Expert from SPPU,Pune)
4	Dr.Bhupender Singh	Member (Expert From other university)
5	Mr.Sandip Shinde	Member (Representative From Industry)
6	Mrs.Smita B. Shah	Member (Meritorious Alumni)
7	Dr.Ramchandra D.Jagtap	Member
8	Mr.Jyotiram N.Awate	Member
9	Dr.Ganesh M. Dhame	Member
10	Mr.Datta V. Londhe	Member
11	Ms. Mayuri Kharat	Student Representative (Post Graduation)
12	Ms. Pranoti Dombe	Student Representative (Post Graduation)
13	Ms. Kunal Kumbhar	Student Representative (Under Graduate)
14	Ms. Ankita Kumbhar	Student Representative (Under Graduate)

## Course Structure for F. Y. B.A. (2023 Pattern)

Sem.	Course Type	Course Code	Title of the Course	Theory/ Practical	No. of Credits
I	Major Mandatory	PSY- 101- MJM	Foundation of Psychology	Theory	04
	Major Mandatory	PSY- 102 -MJM	Positive Psychology	Theory	02
	Open Elective (OE)	PSY- 116 -OE	Personality Development	Theory	02
	Open Elective(OE)	PSY-117- OE	Applied Psychology	Theory	02
	Vocational Skill Course	PSY-121 -VSC	Health Promotion Life Skill	Theory	02
	Skill Enhancement Course	PSY-126- SEC	Assessment of Personality	Theory	02
	Ability Enhancement Course	ENG- 131- AEC	AEC 1 English	Theory	02
	Value Education Course	GEO/SOC - 135 – VEC		Theory	02
	Indian Knowledge System	PSY- 137 -IKS	Emergence of Indian Psychology	Theory	02
	Co-curricular Course	YOG/PES/CUL/NSS /NC-139-CC	To be selected from the CC Basket	Theory	02
			<b>Total Credit Semester-I</b>		<b>22</b>
II	Major Mandatory	PSY- 151- MJM	Basics of Psychology	Theory	04
	Major Mandatory	PSY-152- MJM	Psychology of Well Being	Theory	02
	Minor	PSY-161 -MN	Introduction to Psychology	Theory	02
	Open Elective (OE)	PSY- 166- OE	Understanding of Self	Theory	02
	Open Elective (OE)	PSY -167- OE	Fields of Applied Psychology	Theory	02
	Vocational Skill Course	PSY- 171- VSC	Assessment of Intelligence	Theory	02
	Skill Enhancement Course	PSY- 176 -SEC	Communication Skills	Theory	02
	Ability Enhancement Course	ENG -181- AEC	AEC 2 English	Theory	02
	Value Education Course	GEO/SOC- 185 – VEC		Theory	02
	Co-curricular Course	YOG/PES/CUL/NSS /NC-189-CC	To be selected from the CC Basket	Theory	02
			<b>Total Credit Semester-II</b>		<b>22</b>
			<b>Cumulative Credits Semester –I &amp; II</b>		<b>44</b>

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Subject</b>	<b>: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: II</b>
<b>Course Type</b>	<b>: Major Mandatory Theory</b>
<b>Course Name</b>	<b>: Basics of Psychology</b>
<b>Course Code</b>	<b>: UAPSY- 151-MJM</b>
<b>No. of Lectures</b>	<b>: 60</b>
<b>No. of Credits</b>	<b>: 4</b>

**A) Course Objectives**

- 1) Understand the basic psychological processes and their applications in day to day life.
- 2) Develop the ability to evaluate cognitive processes, learning and memory of an individual.
- 3) Understand the importance of consciousness of the individual.
- 4) Understand the intelligence of the individuals by developing their psychological processes and abstract potentials.
- 5) To aim to create the awareness of Conscious Level.
- 6) To understand the Types of Intelligence and Memory and its importance of Human life.
- 7) To know more about Learning and its Type.

**B) Course Outcomes**

After Completion of this Course Students Will Gain.

CO1 Students will understand the Basics of Psychology.

CO2.Ability of Cognitive Functions will be improved.

CO3. Students will know more about his/her own Memories to deal with life Challenges.

CO4. Students will be Able to understand the level of Consciousness.

CO5.Students will gain how biological Factors are affecting on learning and memory.

CO6. Students Will Understand the Role of Psychologist in Day today life.

CO7. Students Will Learn How to Solve the Sleep problems in day to day life.

### Topics & Learning Points

#### Unit-I Learning

(15 Lectures)

- 1.1 Definition, nature and types of Learning
- 1.2 Classical and Operant Conditioning
- 1.3 Cognitive approaches
- 1.4 Types of Reinforcements
- 1.5 Application – Importance of Reinforcement and Punishment in everyday life

#### Unit-II Memory

(15 Lectures)

- 2.1 Definition and Types of Memory
- 2.2 Forgetting and its causes
- 2.3 Distortions of Memory
- 2.4 How to improve memory
- 2.5. Biological Basis of Memory

#### Unit-III Consciousness

(15 Lectures)

- 3.1 Sensation and Perceptual Process
- 3.2 Attention- Definition, nature and Determinants of Attention
- 3.3 Cycle and stages of sleep
- 3.4 Dream and its types
- 3.5 Application: Improving quality of sleep

#### Unit-IV Intelligence

(15 Lectures)

- 4.1 Definition and basic concept
- 4.2 Theories of Intelligence (Spearman, Guilford, Sternberg)
- 4.3 Intellectual Disabled: types, causes and precautions/ Prevention
- 4.4 Assessment :( Bhatia, Malins's, S.P.M.)
- 4.5 Application: Importance of Artificial Intelligence

**References:**

1. Abhyankar, S., Oak, A., & Golvilkar, S., (2014). *Manasashashtra: Vartanache Shastra*. Dorling Kindersley (India) Pvt. Ltd.
2. Badgujar, Bachhav, & Shinde (2001). *Samanya manasashastra*. Nashik: Swayambhu Prakashan.
3. Baron, R.A. and Mishra, G. (2015). *Psychology. 5th Edition*; Indian Subcontinent Edition. Pearson India Education Services Pvt.ltd.
4. Ciccarelli, S. K., & White, J. N. (2017). *Psychology. 4<sup>th</sup> edi*. New Jersey: Pearson education
5. Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). *Psychology.5th Edition*; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
6. Coon, Dennis & Mitterer, John O., (2010) *Introduction to psychology: Gateways to mind and behavior. (12th ed.) Belmont*. Wadsworth Publishing Company.
7. Feist, G.J, & Rosenberg, E.L. (2010). *Psychology: Making connections*. New York: McGraw Hill publications
8. Feldman, R.S. (2013). *Understanding Psychology.11<sup>th</sup> edi*. New York: McGraw Hill publications
9. Inamdar, Gadekar & Patil (2006). *Adhunik manasashastra*. Pune: Diamond Publication.
10. Kalat, James W., (2015) *Biological psychology. (11th ed.)* Delhi. Cengage Learning India Private Limited.
11. Lahey, B. B. (2003). *Psychology: An introduction*. New Delhi: Tata McGraw-Hill.
12. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to psychology*. McGraw-Hill Book Co.
13. Pandit, Kulkarni & Gore (1999). *Samanya manasashastra*. Nagpur: Pimpalpure Prakashan
14. Wood, Samuel E., Wood, Ellen Green & Boyd, Denise, (2011). *The world of psychology. (7th ed.)* Boston. Allyn and Bacon, Inc.
15. मुंदडा आणि खलाणे (2013) *प्रगत सामान्य मानसशास्त्र*, अथर्व पब्लिकेशन, धुळे.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Subject</b>	<b>: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: II</b>
<b>Course Type</b>	<b>: Major Mandatory Theory</b>
<b>Course Name</b>	<b>: Psychology of Wellbeing</b>
<b>Course Code</b>	<b>: UAPSY-152-MJM</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 2</b>

**(A) Course Objectives:**

- 1) To understand the positive aspect of human Psychology.
- 2) Understand how the positive psychology as the science of human motives.
- 3) To know about Goal of Life.
- 4) To understand various fields of positive psychology.
- 5) To understand the positive emotions and its importance.
- 6) To understand the positive emotions and its relations to physical, psychological and social health.
- 7) To understand the meaning of Life.

**(B) Course Outcomes:**

After the completion of this course students will be able to:

- CO1. Understand how the positive psychology as the science of happiness, human strengths, positive aspects of human behaviour and 'psychology of well-being.'
- CO2. How we lead our lives, find happiness and satisfaction, and face life's challenges.
- CO3. How positive psychology has become an evolving mosaic of research and theory from many different areas of psychology.
- CO4. Students will understand the meaning of life.
- CO5. Understanding the various fields of positive psychology for better living.
- CO6. How we can achieve the goal of our life.
- CO7. Will gains the importance of Happiness.



**Topics & Learning Points****Unit-I Personal Goals as Windows to wellbeing (10 Lectures)**

1. Goals & Related Motivational Concepts
2. The Search for Universal Human Motives
3. Materialism and its Discontents

**Unit-II Positive Traits (10 Lectures)**

1. What Makes a Trait Positive?
2. Personality, Emotions and Biology
3. Virtue and strengths of character

**Unit-III Life above Zero (10 Lectures)**

1. Interconnection of the 'Good and Bad'
2. Contours of a positive life: (Meaning & Means)
3. Mindfulness and Well-being

**References:**

- 1) Badgujar, Chudaman, & Warkhede, Prabhakar (2016). *Sakaratomak Manasashatra*, Prashant Publications, Jalgaon.
- 2) Baumgardner, S. R., & Crothers, M. K. (2009). *Positive Psychology*: Pearson Education.
- 3) Carr, Alan (2007). *Positive Psychology: The science of human happiness and human strengths*. Routledge, Taylor and Francis Group-London.
- 4) Csikzentmihalyi, Mihaly (1990) *Flow: The Psychology of Optimal Experience*,
- 5) Frankl, Viktor E. (1988). *The Will to Meaning: Foundations and Applications of Logotherapy*. Meridian/Plume
- 6) Frankl, Viktor E. (2000). *Man's Search for Ultimate Meaning*, Basic Books.
- 7) Garcia, Hector., & Mirrales. Francesc.(2017 ). *IKIGAI-The Japanese Secret to a Long and Happy Life*, Hutchinson London. Harper Perennial.
- 8) Shinde, Vishwanath (2016). *Sakaratomak Manasashatra*, Daimond Publications, Pune.
- 9) Snyder, C. R., & Lopez, S. J., & Pedrotti, J. T (2011). *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*, Sage Publications India Pvt. Ltd.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Subject</b>	<b>: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: II</b>
<b>Course Type</b>	<b>: Minor</b>
<b>Course Name</b>	<b>: Introduction to Psychology</b>
<b>Course Code</b>	<b>: PSY-161-MN</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 2</b>

**A) Course Objectives**

Upon successfully completion of this course, students will be able to:

- 1) To understand the scientific nature of psychology and familiar with goals of psychology.
- 2) To understand the basic psychological processes involved in sensation, attention and perception.
- 3) To understand the applications of psychology in day-to-day life.
- 4) To understand the basics of counseling processes and role of counselors in day-to-day life.
- 5) To create awareness about learning process.
- 6) To understand the basic learning theories.
- 7) To know more about memory processes and how to improve memory.

**B) Course Outcomes**

After the completion of this course students will gain.

- CO1. Students will understand the basics of psychology.
- CO2. Ability of sensory functions will be improved.
- CO3. Students will know more about his/her own strengths to deal with life Challenges.
- CO4. Students will be able to understand the steps of counseling process.
- CO5. Students will get knowledge about learning process.
- CO6. Students will understand the role of learning theories in Day today life.
- CO7. Students will learn how to improve memory.

**Topics & Learning Points****Unit 1: Introduction and Applications of Psychology (10 lectures)**

- 1.1 Psychology: Definition, Goals and scientific nature of Psychology
- 1.2 Need of Counseling and role of counselor in different areas
- 1.3 Importance of Psychology in day today life

**Unit 2: Psychology of Sensation, Attention and Perception (10 lectures)**

- 2.1 Sensation: Definition and nature
- 2.2 Attention: Definition, nature, determinants, types
- 2.3 Perception-Nature and principles of perceptual organization

**Unit 3: Psychology of Learning and Memory (10 Lectures)**

- 3.1 Learning: Definition and Types.
- 3.2 Conditioning: Classical Conditioning, Operant Conditioning.
- 3.3 Memory: Definition, types and Memory improvement techniques

**References:**

1. Baron R. A. (2015). Psychology 5<sup>th</sup> ed. Pearson Publication. India.
2. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition). Pearson.
3. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
4. Carole, W. and Carol, T. (2007). Psychology (7th Edition). Pearson Education, India.
5. Feldman S. R. (2009). Essentials of understanding psychology (7th Ed.) New Delhi: Tata Mc Graw Hill.
6. बच्छाव, बडगुजर आणि शिंदे (२००१). सामान्य मानसशास्त्र, स्वयंभू प्रकाशन नाशिक .
7. मुंदडा आणि खलाने(२०१३). मानसशास्त्राची मूलतत्त्वे. अथर्व प्रकाशन जळगाव
8. अभ्यंकर, ओक आणि गोलविलकर (२०१४). मानसशास्त्र वर्तनाचे शास्त्र, पिअरसन प्रकाशन.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Subject</b>	<b>: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: II</b>
<b>Course Type</b>	<b>: Open Elective</b>
<b>Course Name</b>	<b>: Understanding of Self</b>
<b>Course Code</b>	<b>: UAPSY -166 -OE</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 2</b>

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**Course Objectives**

- 1) To Understand and analyze self, increase self-concept and self-esteem.
- 2) To Understand Self and the process of self-exploration
- 3) To Understand Learning strategies for development of a healthy self esteem
- 4) To Acquire knowledge about Self-Competency
- 5) To Learn Strategies for developing Self-Esteem
- 6) To attain knowledge of effective management of emotions and building interpersonal competence.
- 7) To Understand the use and implementation of Emotional Intelligence at workplace

**Course Outcomes**

After completion of this course the students will be able to

- CO1. Understand and analyze self, increase self-concept and self-esteem.
- CO2. Understand self and the process of self-exploration.
- CO3. Understand Learning strategies for development of a healthy self-esteem.
- CO4. Acquire knowledge about Self-Competency.
- CO5. Learn Strategies for developing Self-Esteem.
- CO6. Gain knowledge of Effective management of emotions and building interpersonal competence.
- CO7. Understand the use and implementation of Emotional Intelligence at workplace.

**Topics & Learning Points****Unit-1: Understanding Self****(10 Lectures)**

- 1.1 Components & Dimension of Self
- 1.2 Formation of self-concept
- 1.3 Self-Competency

**Unit -2: Self-Esteem: Sense Of Worth****(10 Lectures)**

- 2.1 Meaning and Nature of Self Esteem
- 2.2 Characteristics of High and Low Self Esteem
- 2.3 Strategies for developing Self-Esteem

**Unit -3: Emotional Intelligence****(10 Lectures)**

- 3.1 Introduction to EI
- 3.2 Relevance of EI at workplace
- 3.3 Self-assessment, analysis and action plan

**References:-**

1. Baron, R., Byrne, D., Branscombe, N., Bharadwaj, G. (2009). *Social Psychology*, Indian adaptation, Pearson, New Delhi.
2. Gadekar., (2013). *Pragatik Samajik Manasshastra*. Diamond Publications, Pune.
3. Goleman, Daniel: *Emotional Intelligence*, 1995 Edition, Bantam Books
4. Goleman, Daniel: *Working with E.I.*, 1998 Edition, Bantam Books.
5. Golwilkar, S, Abhyankar, S, Kher, T. (2012). *Samajik Manasshastra*. Narendra Prakashan, Pune.
6. Natu, S. A., Vaidya, A. Rajhans, M. (2012). *Samajik Manasshastra*. Pearson Publications, New Delhi.
7. Singh, Dalip, 2002, *Emotional Intelligence at work*; First Edition, Sage Publications.
8. Taylor, Pepleau and Sears (2005). *Social Psychology*, 12<sup>th</sup> edition, Pearson, New Delhi.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A.</b>
<b>Subject</b>	<b>: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.</b>
<b>Semester</b>	<b>: II</b>
<b>Course Type</b>	<b>: Open Elective</b>
<b>Course Name</b>	<b>: Fields of Applied Psychology</b>
<b>Course Code</b>	<b>: PSY-167-OE</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 2</b>

**A) Course Objectives**

Upon successful completion of this course, students will be able to:

- 1) To understand the scientific nature of prosocial behavior also encouraging prosocial behavior.
- 2) To understand the basics of interpersonal attraction and relationships.
- 3) To understand the self and communication in day-to-day life.
- 4) To understand the importance positive psychology in day-to-day life.
- 5) To understand the relationship between happiness and setting goals for successful life.
- 6) To understand the basic assumptions of health psychology.
- 7) To learn more about how to improve health and illness prevention.

**B) Course Outcomes**

After the completion of this course students will gain.

- CO1. Students will gain the basics of social psychology.
- CO2. Students will improve interpersonal relationships in social context.
- CO3. Students will know more about his/her self and Communication development.
- CO4. Students will be able to understand the importance positive emotions and wellbeing.
- CO5. Students will get knowledge about how to set goals for successful life.
- CO6. Students will get the role of health psychology in day today life.
- CO7. Students will get knowledge about to change bad habits of health Habits.

**Topics & Learning Points****Unit 1: Applied Social Psychology (10 lectures)**

- 1.1 Prosocial Behaviour: Definition, Nature and Promoting Prosocial Behaviour
- 1.2 Interpersonal Attraction: Nature, Determinants and Theoretical Approaches
- 1.3 Self and Communication: a) Self: Self-concept, Self-esteem, Self-control and Self-Presentation. b) Communication: Types of Communication, Barriers in Communication

**Unit 2: Applied Positive Psychology (10 lectures)**

- 2.1 Positive Psychology: Definition, Nature, Dimensions and Scope.
- 2.2 Positive Emotions and Wellbeing: Happiness, Hope, Optimism, Love
- 2.3 Happiness and Setting Goals for Successful Life

**Unit 3: Applied Health Psychology (10 Lectures)**

- 3.1 Health Psychology: Concept, Assumptions, Biomedical and Biopsychosocial Models
- 3.2 Health Promotion and Illness Prevention: Health and Behaviour; Changing Health Habits; Cognitive Behavioural Approaches to Health Behaviour Change.
- 3.3 Health Care System: Attitude of Health Professionals, Designing Health Care Work Environment, Future Challenges for Health Care

**References:-**

1. Baron, R., Byrne, D., Branscombe, N., Bharadwaj, G. (2009). Social Psychology, Indian adaptation, Pearson, New Delhi.
2. Baron, R., Byrne, D., Branscombe, N. (2014). Social Psychology, 13th edition, Pearson Publications, New Delhi.
3. Baumgardener, S. R. and Crothers, M. K. (2009). Positive Psychology 1st ed. Pearson Education, New Delhi.
4. Bayen, R. and Horton, I. (2003). Applied Psychology. Sage Publication, New Delhi.
5. Brannon Linda and Feist, J. (2007). Introduction to Health Psychology. Akash Press, New Delhi.
6. Deshpande, Sinharay, Vaidya, (2002). Samajik Manasshastra Part 1 and 2. Uma Prakashan, Pune.
7. Gadekar., (2013). Pragatik Samajik Manasshastra. Diamond Publications, Pune.
8. Golwilkar, S, Abhyankar, S, Kher, T. (2012). Samajik Manasshastra. Narendra Prakashan, Pune.
9. Natu, S. A., Vaidya, A. Rajhans, M. (2012). Samajik Manasshastra. Pearson Publications, New Delhi.
10. Rajhans Manasi, (2020). Health Psychology 1<sup>st</sup>. Unmesh Publication, Pune.
11. Shinde, V. (2016). Positive Psychology 1st ed. Daimond Publication, Pune.

12. Synder, C. R. and Lopez, S. J. (2007). Positive Psychology- The Scientific and Practical Explanations of Human Strengths. Sage Publication.
13. Tadsare, Tambake, Patil, Darekar (2008). Samajik Manasshastra, Phadke Prakashan, Pune.
14. Taylor, Pepleau and Sears (2005). Social Psychology, 12th edition, Pearson, NewDelhi.
15. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century. Indian Edition 8th .Thomson.

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A. Subject: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: II</b>
<b>Course Type</b>	<b>: Vocational Skill Course</b>
<b>Course Name</b>	<b>: Assessment of Intelligence</b>
<b>Course Code</b>	<b>: UAPSY-171-VSC</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 2</b>

**A) Course Objectives:**

- 1) Explain the core concepts used in the psychological tests.
- 2) Receive hands on training on application of Psychological tests.
- 3) To Understand the Intelligence.
- 4) To assess the various factors of Intelligence.
- 5) To measure the general mental ability of the Individuals.
- 6) To train them for interpretation of test Scores.
- 7) To give the practical experiences to the students in administering and scoring psychological tests.

**B) Course Outcome:**

After the completion of this course students will be able to:

- CO1.Students will familiarize with the use of psychological tests.
- CO2.Students will gain practical experiences of group Testing
- CO3.Students will know about the personality testing.
- CO4.Students will understand the various dimensions of intelligence



CO5.They will gain knowledge of psychological testing application.

CO6.Students will perform well in the society towards better understanding of them.

CO7.Students will understand the processes of administration and scoring of psychological tests.

### Topics & Learning Points

#### Unit-I Introduction to Psychological Testing (10 Lectures)

1. Nature and Definition of Psychological test
2. Introduction to psychometric properties of the test
3. Classification of tests

#### Unit-II (10 Lectures)

1. Standard progressive matrix by Dr. John C. Raven
2. Six fold Spiritual Intelligence Test Dr. Sarabjit Kour

#### Unit-II (10 Lectures)

1. Weschler's Intelligence Scale for Children.
2. Malin's Intelligence Scale for Indian Children.

### References:

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2. Chadha N.K. (2009). *Applied Psychometry*, Sage Publication Pvt. Ltd. New Delhi.
3. Gregory, R.J. (2005). *Psychological testing: History, principles and applications*. New Delhi: Pearson Education.
4. Kaplan R. M. & Saccuzzo D. P. (2005) *Psychological Testing, Principles, Applications and Issues*. Sixth Ed. Cengage Learning India, Pvt. Ltd.
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6. Singh, A. K.(2006) Test measurements and research methods in behavioural sciences, Patna: Bharati Bhavan
7. डॉ. भरत देसाई व डॉ. शोभना अभ्यंकर (२००१) संशोधन पद्धती आणि मानसशास्त्रीय मापन, नरेंद्र प्रकाशन पुणे
8. डॉ. अनिता पाटील (१९९९) मानसशास्त्रीय चाचण्या, डायमंड प्रकाशन, पुणे ३०

**SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from November, 2023)**

<b>Name of the Programme</b>	<b>: B.A. Subject: Psychology</b>
<b>Program Code</b>	<b>: UAPSY</b>
<b>Class</b>	<b>: F.Y.B.A.</b>
<b>Semester</b>	<b>: I</b>
<b>Course Type</b>	<b>: Skill Enhancement Course</b>
<b>Course Name</b>	<b>: Communication Skills</b>
<b>Course Code</b>	<b>: UAPSY -176- SEC</b>
<b>No. of Lectures</b>	<b>: 30</b>
<b>No. of Credits</b>	<b>: 2</b>

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**A) Course Objectives:**

- 1) To develop Interpersonal Communication Skills.
- 2) To navigate Digital Communication and Social Media
- 3) To identify and address common communication barriers and challenges.
- 4) To demonstrate active listening and empathetic communication skills in interpersonal interactions.
- 5) To describe and use principles of verbal, non-verbal and emotional communications.
- 6) To demonstrate the uses of different channels of nonverbal communication.
- 7) To apply the strategies for impression formation and impression management.

**B) Course Outcome:**

After the completion of this course students will be able to:

- CO1. Develop Interpersonal Communication Skills.
- CO2. Navigate Digital Communication and Social Media.
- CO3. Identify and address common communication barriers and challenges.
- CO4. Demonstrate active listening and empathetic communication skills in interpersonal interactions.
- CO5. Describe and use principles of verbal, non-verbal and emotional communications.
- CO6. Demonstrate the uses of different channels of nonverbal communication.
- CO7. Apply the strategies for impression formation and impression management.

**Topics & Learning Points****Unit-I Introduction to Interpersonal Communication (10 Lectures)**

- 1.1 The Nature and Elements of Interpersonal Communication
- 1.2 Principles of Communication: Verbal message, Non-verbal message, Emotional Message
- 1.3 Barriers of Communication

**Unit-II Listening and Empathetic Skills (10 Lectures)**

- 2.1 The art of active listening
- 2.2 Empathy and its role in relationships.
- 2.3 Improving listening skills

**Unit-III Art of Effective Communication (10 Lectures)**

- 3.1 Digital communication and social media- Effective use of multimedia tools
- 3.2 Guidelines for Using Verbal Messages Effectively & Emotional Competence
- 3.3 Impression Formation & Impression Management: Goals and Strategies

**References:**

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