



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-I
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 equip 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 learn 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)

Board of Studies (BOS) In Psychology

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. Vaidy Jui	Student Representative (Post Graduation)
12	Mr. Rushikesh Hivarkar	Student Representative (Post Graduation)
13	Ms. Preeti Londhe	Student Representative (Under Graduate)
14	Ms. Shriley Divekar	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	4
	Major Mandatory	PSY- 102 - MJM	Positive Psychology	Theory	2
	Open Elective (OE)	PSY- 116 -OE	Personality Development	Theory	2
	Open Elective(OE)	PSY-117- OE	Applied Psychology	Theory	2
	Vocational Skill Course	PSY-121 -VSC	Health Promotion Life Skill	Theory	2
	Skill Enhancement Course	PSY-126- SEC	Assessment of Personality	Theory	2
	Ability Enhancement Course	ENG- 131- AEC	AEC 1 English	Theory	2
	Value Education Course	PSY- 135 - VEC	Ethics in Psychological Testing	Theory	2
	Indian Knowledge System	PSY- 137 -IKS	Emergence of Indian Psychology	Theory	2
	Co-curricular Course	-	To be selected from the Basket	Theory	2
			Total Credit Semester-I		22
II	Major Mandatory	PSY- 151- MJM	Understanding Of Psychology	Theory	4
	Major Mandatory	PSY-152- MJM	Psychology of Well Being	Theory	2
	Minor	PSY-161 -MN	Stress Management	Theory	2
	Open Elective (OE)	PSY- 166- OE	Understanding of Self	Theory	2
	Open Elective (OE)	PSY -167- OE	Applied Fields of Psychology	Theory	2
	Vocational Skill Course	PSY- 171- VSC	Assessment of Intelligence	Theory	2
	Skill Enhancement Course	PSY- 176 -SEC	Basic Counselling Skills	Theory	2
	Ability Enhancement Course	ENG -181- AEC	AEC 2 English	Theory	2
	Value Education Course	PSY- 185 - VEC	Moral Values and Mental Health	Theory	2
	Co-curricular Course	PSY - CC	To be selected from the basket	Theory	2
			Total Credit Semester-II		22
			Cumulative Credits Semester –I & II		44

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

Name of the Programme	: B.A.
Subject	: Psychology
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Major Mandatory Theory
Course Name	: Foundation of Psychology
Course Code	: UAPSY- 101-MJM
No. of Lectures	: 60
No. of Credits	: 4

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 motivation and emotion of the individual.
- 4) Understand the personality and 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 Emotions and importance of Human life.
- 7) To know more about motivations and its cycle.

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 emotions and motivations to deal with life Challenges.

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

CO5. Will gain how biological Factors are affecting on Thought, Emotions and Behaviour.

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

CO7. Will Learn How to Solve the Motivational Conflicts in day to day Life.

Topics & Learning Points**UNIT-I****1. Psychology: the Science****(15 Lectures)**

- 1.1 What is Psychology: Definition, Nature and Scope
- 1.2 History & Perspectives- Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Humanistic, Cognitive, Bio-Psycho-Social & Indian Perspective.
- 1.3 Fields in Psychology: Clinical, Counseling, Industrial, and Educational.
Sub field-Criminal, Social, Women, Developmental, Sport, Forensic.
- 1.4 Methods in Psychology : Experimental, Observation, Survey, correlation
- 1.5 Application: Psychologist at work.

UNIT-II**2. Biological Bases of human behavior****(15 Lectures)**

- 2.1 Neuron: Structure and Function
- 2.2 Nervous system: CNS & PNS
- 2.3 Glandular System- Pituitary, Thyroid, parathyroid, Adrenal, Gonad
- 2.4 Neurotransmitters- Acetylcholine, Serotonin, Epinephrine, nor epinephrine, GABA, Dopamine.
- 2.5 Application: Importance of Health

UNIT-III**Personality****(15 Lectures)**

- 3.1 Definition and nature of Personality
- 3.2 Freud's Psychoanalytical theory of personality
- 3.3 Trait and Types approaches (Allport's and Cattell's, Big Five)
- 3.4 Assessment of Personality –Behavioral, Projective and Self Report
- 3.5 Application: Personality Development & Life Skills

UNIT-IV**4. Motivation and Emotion****(15 lectures)**

- 4.1). Motivation: Definition, Concept of Homeostasis & Maslow's Hierarchy of Motivation
- 4.2 Types of Motivation: Physiological, Psychological & Social
- 4.3 Emotion: Definition, types (Positive and Negative) and Importance
- 4.4 Motivational Conflicts: Intra-Conflicts & Inter-Conflicts
- 4.5 Application: Importance of Emotional Intelligence

References:

1. Baron, R.A. and Mishra, G. (2015). *Psychology. 5th Edition*; Indian Subcontinent Edition. Pearson India Education Services Pvt.ltd.

2. Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). *Psychology.5th Edition*; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
3. Ciccarelli, S. K., & White, J. N. (2017). *Psychology. 4th edi.* New Jersey: Pearson education
4. Coon, Dennis & Mitterer, John O., (2010) *Introduction to psychology: Gateways to mind and behavior. (12th ed.) Belmont.* Wadsworth Publishing Company.
5. Feist, G.J, & Rosenberg, E.L. (2010). *Psychology: Making connections.* New York: McGraw Hill publications
6. Feldman, R.S. (2013). *Understanding Psychology.11th edi.* New York: McGraw Hill publications
7. Kalat, James W., (2015) *Biological psychology. (11th ed.)* Delhi. Cengage Learning India Private Limited.
8. Lahey, B. B. (2003). *Psychology: An introduction.* New Delhi: Tata McGraw-Hill.
9. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to psychology.* McGraw-Hill Book Co.
10. Wood, Samuel E., Wood, Ellen Green & Boyd, Denise, (2011). *The world of psychology. (7th ed.)* Boston. Allyn and Bacon, Inc.
11. Abhyankar, S., Oak, A., & Golvilkar, S., (2014). *Manasashashtra: Vartanache Shastra.* Dorling Kindersley (India) Pvt. Ltd.
12. Badgujar, Bachhav, & Shinde (2001). *Samanya manasashastra.* Nashik: Swayambhu Prakashan.
13. Inamdar, Gadekar & Patil (2006). *Adhunik manasashastra.* Pune: Diamond Publication.
14. Pandit, Kulkarni & Gore (1999). *Samanya manasashastra.* Nagpur: Pimpalapur Prakashan
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 June, 2023)

Name of the Programme	: B.A.
Subject	: Psychology
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Major Mandatory Theory
Course Name	: Positive Psychology
Course Code	: UAPSY-102-MJM
No. of Lectures	: 30
No. of Credits	: 2

(A) Course Objectives:

- 1) To understand the positive aspect of human Psychology.
- 2) Understand how the positive psychology as the science of happiness.
- 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 behavior 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 gain the importance of Happiness.

Topics & Learning Points**Unit-I****Meaning, Definition and Nature of Positive Psychology (10 Lectures)**

1. Definitions and Nature of Positive Psychology.
2. Traditional Psychology, Assumptions and Goals of Positive Psychology.
3. Fields of Positive Psychology.

Unit-II**Happiness and the Facts of Life (10 Lectures)**

1. Psychology of well-being. Positive affect and Meaningful Life
2. Subjective Well-being: Hedonic basis of happiness.
3. Self-Realization: The Eudemonic basis of happiness Gender and happiness, Marriage and happiness, other facts of life.

Unit-III**Positive Emotions and Wellbeing (10 Lectures)**

1. What are positive emotions? The Broaden and Build Theory of Positive Emotions.
2. Positive Emotions and Health Resources: Physical, Psychological and Social Resources.
3. Positive emotions & well-being, Flow experiences and Savoring.

References:

- 1) Badgular, Chudaman, & Warkhede, Prabhakar (2016) Sakaratmak 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, Harper Perennial.
- 5) Garcia, Hector., & Mirrales. Francesc. (2017) IKIGAI-The Japanese Secret to a Long and Happy Life, Hutchinson London.
- 6) Frankl, Viktor E. (1988). The Will to Meaning: Foundations and Applications of Logotherapy. Meridian/Plume
- 7) Frankl, Viktor E. (2000) Man's Search for Ultimate Meaning, Basic Books.

- 8) Shinde, Vishwanath (2016). Sakaratmak Manasshatra, 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 June, 2023)

Name of the Programme	: B.A.
Subject	: Psychology
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Open Elective
Course Name	: Personality Development
Course Code	: UAPSY -116 -OE
No. of Lectures	: 30
No. of Credits	: 2

Course Objectives

1. Describe the concept of personality.
2. Identify and classify various personality traits.
3. Correlate real life behavioural patterns with theoretical assumptions.
4. Apply psychological skills in daily life situations.
5. Identify and classify behavioural assessment techniques.
6. Evaluate personality of individuals.
7. Apply psychological skills to develop own personality.

Course Outcomes

By the end of the course, students will be able to

- CO1. Students will be understand concept of personality.
- CO2.Students will known importance of personality traits in their life.
- CO3.Students will correlate real behavioural patterns with theoretical assumptions.
- CO4. Students will develop Psychological skills in daily life situations.
- CO5.Students would know behavioural assessment oneself and others.
- CO6.Students will introspect oneself.
- CO7.Students will know SWOT Analysis

Topics & Learning Points

UNIT-1: PERSONALITY

(10 Lectures)

- 1.1 Concept and Role of Personality: Definitions
- 1.2 Factors affecting personality
- 1.3 Personality Assessment

UNIT -2: TRAITS

(10 Lectures)

- 2.1 Personality Traits
- 2.2 The 7 habits of highly effective people
- 2.3 SWOT Analysis

UNIT -3: FIVE PILLARS OF PERSONALITY DEVELOPMENT

(10 Lectures)

- 3.1 Introspection
- 3.2 Self- Assessment
- 3.3 Self-Appraisals
- 3.4 Self-Development
- 3.5 Self-Introduction

References:-

1. Baron, R.A. and Mishra, G. (2015). Psychology. 5th Edition; Indian Subcontinent Edition. Pearson India Education Services Pvt. Ltd.
2. Ciccarelli, S.K., White, J.N., & Mishra, G. (2018). Psychology. 5th Edition; Indian Adaptation. Pearson India Education Services Pvt. Ltd.
3. Ciccarelli, S.K., & White, J. N. (2007). Psychology. 4th Edition. New Jersey: Pearson Education.
4. Feldman, R.S. (2013). Understanding Psychology. 11th Edition. New York: McGraw Hill publications.
5. Kalat, James W., (2015). Biological Psychology. (11th ed.). Delhi. Cengage Learning India Pvt. Ltd.
6. Morgan, C. T., King, R. A., Weisz, J.R. and Schopler, J. (1986). Introduction psychology. McGraw-Hill Book Co.
7. Abhyankar, S., Oak, A., & Golvilkar, Ss., (2014). Manasashashtra Vartanache Shastra. Dorling Kindersley (India) Pvt. Ltd.
8. Badgujar, Bachhav, & Shinde (2001). Samanya manasashashtra. Nashik: Swayambhu Prakashan.
9. Pandit, Kulkarni & Gore (1999). Samanya manasashastra. Nagpur: Pimpalpure Prakashan.
10. Inamdar, Gadekar & Patil (2006). Adhunik manasashastra. Pune: Diamond Publication.
11. Covey Stephen (2004). The 7 habits of highly effective people. Franklin Covey Co.
12. Hurlock Elizabeth (1988). Personality Development, McGraw Hill.
13. Natu, S.A, (2021). Personality Development, Revised Edition, Nirali Prakashan, Pune.

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

Name of the Programme	: B.A.
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Open Elective
Course Name	: Applied Psychology
Course Code	: UAPSY -117- OE
No. of Lectures	: 30
No. of Credits	: 02

Course Objectives:**To acquaint the students with:**

1. The relationship between theoretical and applied aspects of Psychology.
2. Applications of Psychology in the various fields of life.
3. Familiarize students with problems and solutions in various applied fields.
4. Apprise students of the role of Psychologists in various applied fields.
5. Use of psychological principles in clinical settings.
6. Understand the use of psychological principles to increase productivity in organizations.
7. Use of psychology in educational area.

Course Outcomes:**After completion of this course the students will be able:**

- CO1. Students will understand the relationship between theoretical and applied aspects of Psychology.
- CO2. Students will understand how theories and research of psychology can be applied to these real world settings.
- CO3. Students will understand the role of Psychologists in various applied fields.
- CO4. Students will learn about problems and solutions in various applied fields.
- CO5. Students will be able to apply psychological principles in clinical settings.
- CO6. Students will become aware about application of psychology in industry.
- CO7. Students will understand the problems and solutions to educational problems.

Topics & Learning Points**UNIT-I: Introduction and Clinical Applications (10 Lectures)**

- 1.1 Definition, Nature and Scope of applied Psychology
- 1.2 Nature of clinical psychology- classification of mental disorders DSM-5, ICD-10, therapies – CBT, Client centered therapy, REBT
- 1.3 Health Psychology- community mental health – bio- psycho- social model of health.

UNIT-II: Applications in Industries and Organizations (10 Lectures)

2.1 Definition, Nature and Fields of I/O Psychology

2.2 Applications in IT and other Industries a- cultural adjustment, b- performance pressure, c- recruitment, d- training and employees' professional problems in other industries

2.3 Applications in Organizations

UNIT-III: Applications in Education (10 Lectures)

3.1 Definition, Nature and Scope of Educational Psychology

3.2 Effective Teaching – Learning Methodologies a- group discussions, b- projects, c- presentations, d- interactive methods

3.3 Issues of Various Categories of Challenged Students – Physically, mentally, economically challenged, LD-learning disabilities

References:

1. Bachav, A. M (2012). Applied Psychology. Chandralok Prakashan.
2. Bayne Rowan; Horton Ian (2003). Applied Psychology: Current Issues and New Directions. SAGE Publications Ltd; annotated edition.
3. David F. Marks, Michael Murray, Brian Evans, et al. (2006). Health Psychology: Theory, Research and Practice Fourth Edition. Sage Publications.
4. Palsane, Navare. *Upyojit Manasshastra*. Continental Publication, Pune.
5. Richard H. Cox (2002). Sport Psychology, McGraw –Hill Higher Education.
6. Schultz (2014). Psychology and work today. Pearson.
7. Sharma, R (2009). Applied Psychology. Atlantic Publications.
8. Taylor Shelley (2011). Health Psychology: Tata McGraw-Hill.
9. Warren, G. S. (2014). Occupational Psychology: An Applied Approach. Pearson Education.
10. Weiten, W.; Lloyd M.; (2004). Psychology applied to Modern Life: Adjustment in 21st Century. Thomas Wadsworth Publications.

SYLLABUS (CBCS as per NEP 2020) FOR F. Y. B. A. (w. e. from June, 2023)**Name of the Programme : B.A. Subject: Psychology****Program Code : UAPSY****Class : F.Y.B.A.****Semester : I****Course Type : Vocational Skill Course****Course Name : Assessment of Personality****Course Code : UAPSY -121 -VSC****No. of Lectures : 30****No. of Credits : 2****A) Course Objectives:**

- 1) To Understand the Personality
- 2) To assess the Various Dimensions of Personality
- 3) To assess the 16 Personality factors of the Individuals.
- 4) To train them for interpretation of test Scores.
- 5) To give the Practical Experiences to the students in administering and Scoring Psychological tests.
- 6) To understand the big five model through the tests.
- 7) To understand the A, B, & C personality Patterns.

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 personality
- 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 A, B & C types of personality.

Topics & Learning Points**Unit-I****(10 Lectures)**

- 1) Vyaktitva Shodhika By Prof. Usha Khair and Meghamala Rajguru
- 2) The Trigunatamaka Personality Schedule By Dr.R.R. Tripathi

Unit-II**(10 Lectures)**

- 1) Types A / B Behavioural Pattern Scale By Upinder Dhar and Manish Jain
- 2) Sentence Completion Test By L.N.Dube and Archana Dube

Unit-III**(10 Lectures)**

- 1) Eysenck Personality Questionnaire By H.J. Eysenck
- 2) Introversion and Extraversion Inventory By Dr.Aziz and Dr. Agnihotry

References:

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

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

Name of the Programme	: B.A. Subject: Psychology
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Skill Enhancement Course
Course Name	: Health Promotion Life Skills
Course Code	: UAPSY -126- SEC
No. of Lectures	: 30
No. of Credits	: 2

A) Course Objectives:

1. To understand the importance of Health
2. To understand the types of Infections
3. To aim healthy relationship
4. To understand the peer pressure and its impact
5. To maintain Hygienic Behaviour within students
6. To understand the effects of addictions
7. To understand the self management

B) Course Outcome:

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

- CO1. Students will understand the Benefits of Health
- CO2. Students will be Aware about various infections
- CO3. Students will maintain well personal Hygiene
- CO4. Students will gain the knowledge of self management
- CO5. Students will learn to maintain healthy relationship
- CO6. Students will avoid the addiction
- CO7. Students will Avoid Bullying

Topics & Learning Points**Unit-I****Hygienic behaviour****(10 Lectures)**

1. Types of infectious diseases
2. Signs and symptoms of infectious diseases
3. How to prevent infectious diseases: hygienic habits

Unit-II**Relationships****(10 Lectures)**

1. Interpersonal relationship
2. Peer pressure- saying no to drugs, tobacco
3. Bullying and its effect

Unit-III**Competency Mapping****(10 Lectures)**

1. Competency mapping: Introduction
2. Methods of competency mapping
- 3: Competencies dealing with self-management

References:

- 1.Sanghi Seema (2016). The Handbook of Competency Mapping: Understanding, Designing and Implementing Competency Models in Organizations.Sage
2. The worlds Health Organization information series on school health
Skills-based health education including life skills: An important component of a Child-Friendly/Health-Promoting School
3. Handbook of Activities on life skills,(2018) American India Foundation
4. डॉ.मोमीन एस.आय.(२००५) आरोग्य संवर्धन,प्रगती प्रकाशन
- 5.संजय राहणे (२०००) आरोग्य संवर्धन, पी.वी. बुक्स

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

Name of the Programme	: B.A. Subject: Psychology
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Vocational Enhancement Course
Course Name	: Ethics in Psychological Testing
Course Code	: UAPSY -135- VEC
No. of Lectures	: 30
No. of Credits	: 2

Course Objectives

1. To explain the issue of actuarial versus clinical prediction.
2. To identify human rights as they pertain to testing
3. To explain the problem of labeling.
4. To describe the issue of divided loyalties.
5. To identify some important responsibilities of test users and constructors.
6. To discuss important current trends in the testing field.
7. To the ethical and social issues in the field.

Course Outcomes**By the end of the course students will be able to:-**

- CO1..Students will be able to explain the issue of actuarial versus clinical prediction.
- CO2.Students will be understand the human rights as they pertain to testing.
- CO3.Students will be explain the problem of labeling.
- CO4.Students will be understand the issue of divided loyalties.
- CO5.Students will be develop some important responsibilities of test users and constructors.
- CO6.Students will be known current trends in the testing field.
- CO7.Students will be understand the ethical and social issues in the field.

Topics & Learning Points**Unit-I****Introduction to Ethics In Psychological Testing****(10 Lectures)**

- 1.1 Professional issues in Psychological Testing
- 1.2 Moral issues in Psychological Testing
- 1.3 Social issues in Psychological Testing

Unit-II**Current Trends and Ethical Issues In Psychological Testing (10 Lectures)**

- 2.1 User qualifications and Professional Competence
- 2.2 Responsibilities of test publishers
- 2.3 Responsibilities of Test Users

Unit-III**The Major Ethical Issues in Psychological Testing (10 Lectures)**

- 3.1 Issues of human rights
- 3.2 Issue of labeling
- 3.3 Issues of divided loyalties

References:-

- 1) Anastasi, A.& Urbina, S.(2009).Psychological testing.N.D.:Pearson Education.
- 2) Desai, B. and Abhyankar,S.C.(2001).Prayogik Manasashastra ani sanshodhan Paddhati. Pune: Narendra Prakashan.
- 3) Kaplan, R.M.& Saccuzzo D.P.(2005).Psychological Testing, Principles, Applications and Issues.Sixth Ed.Cengage Learning India,Pvt Ltd.
- 4) Singh,A.K.(2006).Tests,Measurements and Research Methods in Behavioural Sciences.Patna:Bharti Bhavan.

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

Name of the Programme	: B.A.
Program Code	: UAPSY
Class	: F.Y.B.A.
Semester	: I
Course Type	: Indian Knowledge System
Course Name	: Emergence of Indian Psychology
Course Code	: UAPSY-137-- IKS
No. of Lectures	: 30
No. of Credits	: 2

A) Course Objectives:

1. To illustrate a prime example of psychological knowledge about Indian Psychology
2. To acquaint the student with a wider history of Indian psychology.
3. To acquaint the student with a wider nature and scope of Indian psychology
4. To identify Psychological thought in Ancient India
5. To explain the basic concepts of Patanjali yog sutras and Sidhis.
6. To Study of self and consciousness according to Jain philosophy
7. To examine the sensory knowing, extraordinary knowing, and Insight knowing

B) Course Outcomes:

- CO1.Students will understand the psychological knowledge of Indian psychology.
- CO2.Students will know about history of Indian psychology.
- CO3.Students will become aware about application of Yoga and Bhagavat Gita in mental health.
- CO4.Students will familiar and more known Indian Psychological thought in Ancient India.
- CO5.Students will lived using Yama Niyama in their life
- CO6.Students will understand own and other self.
- CO7.Students will understand sensory knowing, extraordinary knowing, and Insight knowing

Topics & Learning Points**Unit-I****Introduction to Indian Psychology****(10 Lectures)**

- 1.1 Assumptive base of Indian Psychology
- 1.2 Scope and substance of Indian Psychology
- 1.3 Methods of study, Psychological thought in Ancient India

Unit-II**Yoga and Transpersonal Psychology In Bhagavat Gita (10 Lectures)**

- 2.1 Yoga Psychology theory and applications
- 2.2 Patanjali yog sutras and Sidhis – Basic concepts
- 2.3 Identity and existence, self knowledge, conflict and wisdom, ksetra, Ksetrajna and Ego, Karma and Sanyasa, work, renunciation and yoga

Unit-III**Jain and Buddhist Psychology (10 Lectures)**

- 3.1 Jain Conscious reality, consciousness and conscious attentiveness, concept of self and cognition.
- 3.2 Buddhist Psychology: Thought (citta), mind (mano), consciousness (vinnana)
- 3.3 varieties of knowing: sensory knowing (sanna), extraordinary knowing (abhinna), holistic knowing (parinna), and Insight knowing(panna)

References:

1. Chaudhury, H. (1992). Yoga Psychology. In C.T. Tart (Ed.). Transpersonal psychologies. (2nd Ed.). New York: Harper Collins. Akhilananda, Swami. Hindu Psychology. London, Routledge, 1947.
2. Cortright, B. (2000). Psychotherapy and Spirit: Theory and practice intranspersonal psychotherapy. Albany, NY: State University of New York Press.
3. Kuppaswamy, B. (1985). Elements of Ancient Indian Psychology, New Delhi-110 002: Vikas Publishing House Pvt. Ltd., t, Ansari Road. (Paperback edition available.
4. Paranjpe A.C. (1998). Self and Identity in modern psychology and Indian thought. New York: Plenum Press.
5. Rao, KR, Paranjape, AC. and Dalal, A.K. (2008). Handbook of Indians Psychology. New Delhi: Cambridge University Press India Pvt. Ltd.
6. Tart C. T. (1992). Transpersonal psychologies.(2nd Ed.). New York ;Harper Collins.