



Rayat Shikshan Sanstha's
R. B. Narayanrao Borawake College, Shrirampur
(Autonomous)

(Affiliated to Savitribai Phule Pune University, Pune)

Department of Psychology

FYUG Psychology Major Syllabus as per NEP-2020

Implemented
From
Academic Year: 2023-24

Course Structure of F.Y.U.G. Psychology (Semester-I and II)

Year	Semester	Course Type	Course Code	Course Title	Theory/ Practical	Credit	No. of Theory/ Practical to be conducted
1	I	Major (Core)	PY-MJ-111T	Foundations of Psychology	Theory	04	60
			PY-MJ-112T	Career in Psychology	Theory	02	30
		VSC	PY-VSC-113T	Basic Counseling Skills	Theory	02	30
		SEC	PY-SEC-114T	Personality Development	Theory	02	30
		IKS	PY-IKS-115T	Introduction to Indian Psychology	Theory	02	30
	II	Major (Core)	PY-MJ-121T	Introduction to Social Psychology	Theory	04	60
			PY-MJ-122T	Fundamentals of Mental Health	Theory	02	30
		VSC	PY-VSC-123P	Psychological Tests	Practical	02	30
		SEC	PY-SEC-124T	Health Promotion Life Skills	Theory	02	30

F.Y.U.G. (Psychology)
Syllabus for Semester- I

DISCIPLINE SPECIFIC CORE COURSE (DSC)**FOUNDATIONS OF PSYCHOLOGY**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-MJ-111T Foundations of Psychology	4	4	--

Course Objectives:

The course objective of this course is as follows:

1. To help the students understand the roots of psychology
2. To introduce the students to various concepts, theories of psychology
3. To introduce the students to different approaches to psychological processes
4. To understand and appreciate the various branches of psychology

Course Outcomes:

After completion of this course student will able to:

1. Understand the memory improving techniques.
2. Understand the importance of motivation and emotion of the individual.
3. Understand the branches of psychology.
4. Understand the Measurement of Intelligence.

Course Contents**Unit-I: Introduction to Psychology****(15 Clock Hours)**

- 1.1 Definition, Nature and Goals of Psychology
- 1.2 The brief history & perspective of Psychology: (Introspection, Structuralism, Functionalism, Gestalt, Psychoanalysis and Behaviorism)
- 1.3 Branches of Psychology
- 1.4 Methods of Psychology
- 1.5 Application: Understanding Behavior through Methods in Psychology

Unit-II: Cognitive processes**(15 Clock Hours)**

- 2.1 Sensation and Perception, Nature of perception and laws of perceptual Organization
- 2.2 Definition, Nature and types of learning

2.3 Retention and its methods

2.4 Theories of forgetting: Decay, Interference, Repression, Retrieval and Gestalt

2.5 Application: Techniques for improving memory

Unit-III: Motivation and Emotion

(15 Clock Hours)

3.1 Motivation: Definition, Concept of Homeostasis & Maslow's Hierarchy of Motivation

3.2 Types of Motivation: Physiological, Psychological & Social

3.3 Motivational Conflicts: Intra-Conflicts & Inter-Conflicts

3.4 Emotion: Definitions, Nature & Importance, Basic Emotions (Joy, Excitement, Tenderness, Sadness, Anger, Fear & Love)

3.5 Application: Management of Emotion

Unit IV: Personality and Intelligence

(15 Clock Hours)

4.1 Personality: History, Definitions and Nature

4.2 Personality as a set of traits: Cattell's, Allport's & Big Five Theory of Personality

4.3 Transactional Analysis

4.4 Intelligence: Definitions and Theories of Intelligence (Gardner's Theory, Sternberg's Theory of Intelligence)

4.5 Applications: Measurement and assessment of Intelligence.

Reading Books:

- Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
- Feldman R.S. (1996). *Understanding Psychology* (4th Edition). McGraw Hill. India.
- Morgan, King, Weiss and Schopler. (1989). *Introduction to Psychology* (7th Edition).
- बडगुजर,सी., बच्छाव, ए., शिंदे, व्ही.,(२००१). *सामान्य मानसशास्त्र*, स्वयंभू प्रकाशन, नाशिक .
- खलाणे,एस. एच , मुंदडा, एन. डी. (२०१३). *मानसशास्त्राची मुलतत्वे*, अथर्व पब्लिकेशन, जळगाव.
- पंडित, कुलकर्णी,गोरे (१९९९). *सामान्य मानसशास्त्र*, पिंपळापुरे अॅण्ड कं. पब्लिशर्स, नागपूर.

DISCIPLINE SPECIFIC CORE COURSE (DSC)**CAREER IN PSYCHOLOGY**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-MJ-112T Career in Psychology	2	2	--

Course Objectives:

By the end of this course, you will have learned about different career options for students completing undergraduate and graduate degrees in Psychology.

Course Outcomes:

1. Understand the different career paths available in each sub discipline of psychology
2. Develop your knowledge of your best self, which strives toward satisfaction and fulfillment of your personal goals and aspirations, and also positively affects the lives of others.

Course Contents**Unit 1: Career Avenues in Psychology****(15 Clock Hours)**

- 1.1 Choosing a Career
- 1.2 Process of career decision making
- 1.3 Importance of various skills for career
- 1.4 Difference between Psychiatrist, Psychologist and Psychoanalyst
- 1.5 Ethical principles of psychologist/Counselor
- 1.6 Application: Importance of Career in life

Unit 2: Various fields in Psychology**(15 Clock Hours)**

- 2.1 Understanding and facilitating career development in the 21st Century
- 2.2 Introduction to various fields of Psychology
- 2.3 Personality, Career development and occupational attainment
- 2.4 The Career development of youth and young adults with disabilities
- 2.5 Applications: Promoting work satisfaction and performance

Reading Books:

- Berman, Pearl and Shopland Susan (2005). *Interviewing and Diagnostic Exercises for Clinical and Counselling Skills Building*. Lawrence Erlbaum
- Chen, Mei-whei and Giblin, Nan J. (2018). *Individual Counselling and Therapy: Skills and Techniques* (3rd Edn). Taylor and Francis
- Helms, J. L., & Rogers, D. T. (2015). *Majoring in Psychology: Achieving your educational and career goals*. West Sussex, United Kingdom: John Wiley & Sons.
- Steven D. Brown & Robert W. Lent (2013). *Career Development and counseling*, John Wiley & Sons, Inc.
- अनघा पाटील, डॉ. मानसी राजहंस (२००४) *जीवनोपयोगी मानसशास्त्र*, उन्मेष प्रकाशन, पुणे
- बडगुजर, सी., बच्छाव, ए., शिंदे, व्ही., (२००९). *सामान्य मानसशास्त्र*, स्वयंभू प्रकाशन, नाशिक .
- खलाणे, एस. एच , मुंदडा, एन. डी. (२०१३). *मानसशास्त्राची मुलतत्वे*, अथर्व पब्लिकेशन, जळगाव.
- पंडित, कुलकर्णी, गोरे (१९९९). *सामान्य मानसशास्त्र*, पिंपळापुरे अँड कं. पब्लिशर्स, नागपूर.

VOCATIONAL SKILL COURSES (VSC)

BASIC COUNSELING SKILLS

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-VSC-113T Basic Counseling Skills	2	2	--

Course Objectives:

The course objectives of this course are as follows:

1. To introduce the students to various psychological models of counselling
2. To appreciate an overview of the divergent contemporary approaches to Psychological Counselling
3. To encourage the students to apply the concepts and the process leading to greater self-awareness

Course Outcomes:

Upon completion of this course, the successful student should be able to:

1. Delineate the key elements of successful helping.
2. Analyze personal values that could impact the helping relationship.
3. Develop an ethical approach to counselling

Course Contents

Unit-I: Introduction to Counselling

(15 Clock Hours)

- 1.1 Counselling: Definition and Meaning
- 1.2 Goals of Counselling
- 1.3 Role of Counsellor
- 1.4 Professional Issues of Counsellor
- 1.5 Ethical Principles of Counsellor

Unit-II: Counsellor: Professional Preparation

(15 Clock Hours)

- 2.1 Academic Preparation of Counsellor
- 2.2 Practical Skill of Counsellor
- 2.3 Preparation of Counsellor
- 2.4 Counselling Psychologist Training
- 2.5 Effective Counsellor

Readings Books:

- Berman, Pearl and Shopland Susan (2005). *Interviewing and Diagnostic Exercises for Clinical and Counselling Skills Building*. Lawrence Erlbaum
- Chen, Mei-whei and Giblin, Nan J. (2018). *Individual Counselling and Therapy: Skills and Techniques* (3rd Edn). Taylor and Francis
- Dryden, Windy; Feltham, Colin (2006). *Brief Counselling: A Practical Integrative Approach* (2nd Edn). Open University Press
- Egan, G. and Reese, R.J. (2019). *The skilled helper: A problem-management and opportunity-development approach to helping*. (11th ed.) Boston: Cengage.
- Feltham, C., & Hanley, T; Winter L. A. (2017). *The Sage handbook of Counselling and Psychotherapy* (4th Edn). Sage Publications.
- देशपांडे, सी. डी. (२००४). *समुपदेशन: प्रक्रिया व उपयोजन*, प्रशांत पब्लिकेशन, जळगाव.
- पवार, बी. एस., चौधरी, जी. बी. (२००४). *समुपदेशन मानसशास्त्र*, प्रशांत पब्लिकेशन, जळगाव.
- भंगाळे, एस. (२००४). *समुपदेशन मानसशास्त्र: आशय प्रक्रिया व उपचार पद्धती*, प्रशांत पब्लिकेशन, जळगाव.

SKILL ENHANCEMENT COURSE (SEC)**PERSONALITY DEVELOPMENT**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-SEC-114T Personality Development	2	2	--

Learning Objectives:

The Learning Objectives of this course are as follows:

1. To know the origin of personality development
2. To develop the knowledge of personality development

Course Outcomes:

At the end of the course learners are expected to have:

1. Developed daily living skills, personal-social and occupational skills
2. Developed the essential skills of personality development

Course Contents**Unit-I: Introduction to Personality****(15 Clock Hours)**

- 1.1 Meaning and Definition of Personality
- 1.2 Misconceptions about Personality
- 1.3 Factor affecting personality Biological, Social and Cultural
- 1.4 Trait Approaches to Personality
- 1.5 Personality Assessment

Unit-II: Skills of Personality Development**(15 Clock Hours)**

- 2.1 Basic Skills of Personality Development
- 2.2 Leadership & Qualities of Successful Leader.
- 2.3 Good manners and Etiquettes, Effective Speech and Body language
- 2.4 Carl Rogers Self-Theory
- 2.5 Applying Psychology-How to develop self-influence through goal setting

Readings Books:

- Anderson, J. R. (2015). *Cognitive psychology and its implications*. New York: Worth Publishers
- Kundu, C. L. (1989). *Personality development*. ND: Sterling Pub.
- Mischel, W., Shoda, Y., & Smith, R. E. (2004). *Introduction to Personality*. John Wiley & Sons
- Schultz, D. P. & Schuitz, E. S. (2005). *Theories of Personality*. Delhi: Vani Educational Books.
- बडगुजर, सी., बच्छाव, ए., शिंदे, व्ही., (२००१). *सामान्य मानसशास्त्र*, स्वयंभू प्रकाशन, नाशिक .
- खलाणे, एस. एच , मुंदडा, एन. डी. (२०१३). *मानसशास्त्राची मुलतत्वे*, अथर्व पब्लिकेशन, जळगाव.
- पंडित, कुलकर्णी, गोरे (१९९९). *सामान्य मानसशास्त्र*, पिंपळापुरे अँड कं. पब्लिशर्स, नागपूर.

INDIAN KNOWLEDGE SYSTEM (IKS)**INTRODUCTION TO INDIAN PSYCHOLOGY**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-IKS-115T Introduction to Indian Psychology	2	2	--

Course Objectives:

The course objectives of this course are as follows:

1. To develop an understanding of the concept of Indian Psychology and its applications
2. Students will have an understanding of origin, history and development of Yoga.

Course Outcomes:

After completion of this course, students will able to:

1. Gain knowledge of concept and its applications of Indian Psychology
2. Develop ability to understand the deep rootedness of Yoga in Indian knowledge tradition

Course Contents**Unit I: Introduction to Indian Psychology (15 Clock Hours)**

- 1.1 Foundations and Applications of Indian Psychology
- 1.2 Goals of Indian Psychology
- 1.3 Psychology in the Indian Tradition
- 1.4 Psychology in the Modern India
- 1.5 Application: Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs

Unit II: Yoga Psychology (15 Clock Hours)

- 2.1 Yoga: Etymology, definition, aim, objectives and misconceptions
- 2.2 Yoga: Its origin, history and development
- 2.3 Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi)
- 2.4 Knowledge of Yogic Principles
- 2.5 Application: Applying Indian Psychology, Counselling and therapy

Reading Books:

- Baron/Misra (2000), *Psychology*, Pearson Education India
- Dalal, A. S. (Ed.) (2011), *A greater psychology: An introduction to the psychological thought of Sri Aurobindo*. New York: Penguin Putnam Inc.
- K. Ramakrishna Rao, Anand Paranjpe, Ajit K. Dalal (2008): *Handbook of Indian Psychology*, Cambridge University Press India Pvt. Ltd.
- Rishi Vivekananda (2006), *Practical Yoga Psychology*, Yoga Publications Trust
- K. Ramakrishna Rao (2017), *Foundations of Yoga Psychology*, Springer Singapore.
- Matthijs Cornelissen (2013), *Foundations and Applications of Indian Psychology*, Pearson Education Publication
- Rao, K.R. & Paranjpe, A. C. (2016). *Psychology in the Indian tradition*, New Delhi: India: Springer Pvt. Ltd.
- Safaya, R. (1975). *Indian Psychology*, New Delhi: Munshiram Manoharlal Publishers

F.Y.U.G. (Psychology)
Syllabus for Semester- II

DISCIPLINE SPECIFIC CORE COURSE (DSC)**INTRODUCTION TO SOCIAL PSYCHOLOGY**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-MJ-121T Introduction to Social Psychology	4	4	0

Learning Objectives:

1. To help students develop awareness of the concepts, problems and issues in the discipline of social psychology
2. To make students understand the individuals and groups in respect to patterns of social behavior and attitudes
3. To help students gain insight into the dynamics of intergroup relationships, conflict, prejudice and cooperation.

Expected Outcomes:**Students will be able to:**

1. Know the scope of studying social psychology and the methods to gather data in the social context to explain them.
2. Understand the significance of social cognition, attitudes, stereotypes and prejudices in explaining human behavior in the social contexts.
3. Understand the significant aspects group behavior and social influence that constitute the core of human relationships.

Course Contents**Unit I: Introduction to Social Psychology****(15 Clock Hours)**

- 1.1 Definition, Brief history of social psychology (special emphasis on India)
- 1.2 Scope of social psychology
- 1.3 Levels of social behaviour
- 1.4 Social Psychology in day-to-day life
- 1.5 Application: Community mental health

Unit- II. Individual Level Processes (15 Clock Hours)

- 2.1 Difference between Social Cognition & Social Perception
- 2.2 Self-Concept: Nature, Self-regulation and self-presentation.
- 2.3 Attitude: Definition, components, Dimensions and formation of attitude
- 2.4 Prejudice: Causes and its Implications
- 2.5 Application: Assessment of implicit prejudice.

Unit III: Interpersonal processes (15 Clock Hours)

- 3.1 Interpersonal attraction, love and theories of love
- 3.2 Pro-social behavior
- 3.3 Locus of control, increasing our helping nature
- 3.4 Aggression: Meaning, Nature and Causes of Aggression
- 3.5 Application: Prevention and Aggression reduction techniques

Unit IV: Group Dynamics (15 Clock Hours)

- 1.1 Groups: When we join and when we leave, the benefits of joining
- 1.2 Cooperation and Conflict
- 1.3 Conformity; Factors affecting Conformity, Obedience & Authority
- 1.4 Group decision making and practical approach of decision making
- 1.5 Application: Team Building Techniques.

Readings Books:

- Aronson, E., Wilson, T. D., & Akert, R. M. (2007). *Social Psychology*. (6th ed.), New Jersey: Pearson Education prentice Hall.
- Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2008). *Social Psychology*. (12thed.). New Delhi: Pearson Education, Indian Subcontinent adaptation.
- Baumeister, R. F., & Bushman, B. J. (2008). *Social Psychology and Human Nature. International student edition*, Thomson Wadsworth USA .
- Myers, D. G. (2006). *Social Psychology*. (8th edi.), Tata McCraw- Hill Publication.
- गाडेकर, पाटील आणि इनामदार (२००७). *सामाजिक मानसशास्त्र*, डायमंड प्रकाशन , पुणे.
- चौधरी, पवार आणि जाधव.(२००८). *आधुनिक सामाजिक मानसशास्त्र*, प्रशांत पब्लिकेशन्स
- ढोरमारे आणि रसाळ (२०१५). *सामाजिक मानसशास्त्र*, उन्मेष प्रकाशन, पुणे.
- नातू , वैद्य आणि राजहंस.(२००८). *सामाजिक मानसशास्त्र*, पिअर्सन प्रकाशन

DISCIPLINE SPECIFIC CORE COURSE (DSC)**FUNDAMENTALS OF MENTAL HEALTH**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-MJ-122T Fundamentals of Mental Health	2	2	---

Learning Objectives:

1. To help the students understand the issues of mental health and how to address them by the bio-psychosocial model of health and illness.
2. To help the students to describe behavioral factors that influence health and illness.
3. To guide the students understand about health enhancing behaviors including coping with illness.

Expected outcomes:**Students will be able to:**

1. Know the basics of mental health and illness from the Bio-psychosocial perspectives.
2. Understand the significance of behavioral and psychological correlates of health and illness.
3. Understand the significant aspects of coping and importance of health enhancing behavior.

Course Content:**Unit I: Nature of Mental Health****(15 Clock Hours)**

- 1.1 Meaning and Definition of Mental Health
- 1.2 Bio-psychosocial model of health and illness
- 1.3 The need for Mental Health
- 1.4 Importance of Mental Health in human life
- 1.5 Application: How to improve our mental health

Unit II: Health Promotion and Prevention of Illness**(15 Clock Hours)**

- 2.1 Various kind of stress, impact of stress
- 2.2 Causes and symptoms of Mental Health Disorders
- 2.3 Factors affecting Mental Health
- 2.4 Physical Health & Mental Illness
- 2.5 Mental Health Act

Readings Books:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.)
- The ICD10, *Classification of mental and behavioural disorders*, WHO, A.I.T.B.S. publishers, Delhi, 2002
- Md, I. T. (2022). *Healing: Our Path from Mental Illness to Mental Health*. Penguin Press.
- Sharma, M., & Branscum, P. (2020). *Foundations of Mental Health Promotion* (2nd ed.) Jones & Bartlett Learning.
- World Health Organization (1992). *International statistical classification of diseases and related health problems* (10th Ed.)

VOCATIONAL SKILL COURSES (VSC)

PSYCHOLOGICAL TESTS

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-VSC-123P Psychological Tests	2	--	2

Course Objectives:

- To acquaint the student with the historical growth of the field of Psychological testing, appreciate its contribution to the understanding of human behaviour
- To imbibe the critical and creative attitude towards a more scientific development of the psychological testing movement.

Learning Outcomes:

After completing the course, student should be able to:

1. Describe mapping of human behaviour.
2. Explain general ability testing and personality
3. Identify and classify the intellectual ability and personality patterns.
4. Conduct testing and evaluate intellectual ability and personality traits.

Course Content

A. General and Special Ability Testing (any two) (15 Clock Hours)

1. Standard Progressive Matrices (SPM)
2. Binet Kamath Test
3. Test of Creativity
4. Differential Aptitude Tests (DAT)- Any two sub tests

B. Personality (any two) (15 Clock Hours)

1. Eysenck Personality Questionnaire
2. NEO-FFI
3. Sentence Completion Test
4. Interest inventory

Reading Books:

- Anastasi, A. & Urbina, S. (2009). *Psychological testing*. N.D.: Pearson Education.
- Broota, K. D. (1989, reprint 2014). *Experimental design in Behavioural Research*. New Age International Pvt. Ltd., New Delhi.
- Chadha N.K.(2009), *Applied Psychometry*, Sage Publication Pvt Ltd. New Delhi.
- Desai, B. and Abhyankar, S.C. (2001). *Prayogik Manasashastra ani Samshodhan Paddhati*. Pune: Narendra Prakashan.
- Garrett, Henry E. (2006). *Statistics in Psychology and Education* (1st Indian reprint). Surjeet Publications, Delhi-7.
- Gliner, J. A., & Morgan, G. A. (2000). *Research methods in applied settings: An integrated approach to design and analysis*. Mahwah, NJ: Lawrence Erlbaum.
- Kaplan R. M. & Saccuzzo D.P. (2005) *Psychological Testing, Principles, Applications and Issues*. Sixth Ed. Cengage Learning India, Pvt Ltd.

SKILL ENHANCEMENT COURSE (SEC)**HEALTH PROMOTION LIFE SKILLS**

Course Code & Title	Credits	Credit distribution of the course	
		Theory	Practical
PY-SEC-124T Health Promotion Life Skills	2	2	---

Course Objectives

1. Students acquire further, in-depth knowledge of the development, principles, and working methods of modern health promotion, especially within the healthcare sector and on the basis of the WHO's and national public health objectives.
2. Students are further expected to be able to analyze, present, and discuss strategies relevant to the planning, implementation, and evaluation of public health work.

Learning Outcomes

Upon completion of the course, students are expected to be able to do the following in terms of :

1. Give an account of basic documents and principles concerning health promotion
2. Explain the role of the health-care sector in health promotion
3. Analyze health-related factors for the choice of strategies in health promotion

Course Content**Unit I: Hygienic behavior****(15 Clock Hours)**

- 1.1 Types of infectious diseases
- 1.2 Signs and symptoms of infectious diseases
- 1.3 How to prevent infectious diseases: hygienic habits
- 1.4 Competency mapping: Introduction
- 1.5 Methods of competency mapping

Unit-II: Relationships**(15 Clock Hours)**

- 2.1 Interpersonal relationship
- 2.2 Peer pressure- saying no to drugs, tobacco
- 2.3 Bullying and its effect
- 2.4 Intrapersonal relationship
- 2.5 Application: How to buildup relationships

Readings Books:

- Sanghi Seema (2016). *The Handbook of Competency Mapping: Understanding, Designing and Implementing Competency Models in Organizations*, Sage publication.
- Ogden, J. (2017). *Health psychology: A textbook* (4thed.) .McGraw Hill Education.
- Sarafino, Edward P and Smith, Timothy W (2012). *Health Psychology - Bio psychosocial Interaction* (7th ed). Wiley India Edition.
- Taylor, Shelley E. (2018). *Health Psychology* (10thed). McGraw Hill Higher Education. Indian Edition
- Weiten, W. and Lloyd, M. (2007). *Psychology applied to modern life: Adjustment in the 21st century*, Indian Edition 8th. Thomson.
