

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

SYLLABUS FOR
B. A. (CBCS) PSYCHOLOGY FIRST YEAR

TO BE IMPLEMENTED FROM
THE SESSION 2022-23

Deepa Balkhonde
(Dr. Deepa Balkhonde)

H.B. Yawalikar
(H.B. Yawalikar)

Hina
(Dr. Hina Khan)

Jitendra
(Dr. J.N. Golatkar)

B.A. PSYCHOLOGY SEMESTER 1

COURSE TITLE: FUNDAMENTALS OF PSYCHOLOGY- I

(COURSE TYPE- CORE COURSE CODE-BAPSY01)

COURSE OUTCOMES:

After the completion of this course, students will be able to demonstrate the following competencies:

- Remember the Purpose, Method and Importance of studying Human Psychology.
- Understand Biological Determinants of Human Behavior
- Understand the Basic Psychological Processes and their applications in day to day life.
- Develop the ability to evaluate how an individual person perceives, thinks, takes decisions, solves problems, learns new things and memorizes the world around them.

Theory Course - Credit 2.40 (3 Classes per Week)

UNIT 1- Introduction to Psychology

Contact Classes- 10

- **Definition , Goals and Fields of Psychology**
- **Approaches of Psychology-** Behaviorism, Cognitive, Biological, Psychoanalytic, Humanistic
- **Methods of Psychology-** Observation, Questionnaire, Interview, Case Study, Experimental

UNIT 2- Biological Basis of Human Behavior

Contact Classes- 10

- Introduction to Neuron, It's Function
- Nervous System- Central & Peripheral
- Endocrine Glands

UNIT 3- Cognitive Processes-I

Contact Classes- 08

- **Thinking** (Process, Types, Concept of Creative Thinking) and **Attention** (Meaning, Types, Selective & Habitual Attention, Division of Attention)
- **Sensation** (Process, Introduction to Five Senses) and **Perception** (Figure & Background, Laws of Perceptual Organization, Concept of Illusion and Hallucination)
- **Problem Solving** (Process, Barriers) and **Decision Making** (Process, Barriers)

UNIT 4- Cognitive Processes – II

Contact Classes- 08

- **Learning** - Meaning, Types, Thorndike's Laws of Learning, Methods (Conditioning, Observational, Insight, Latent)

Hina

Deepa

G.P. Borsod

J.N. Golekar

(H.B. Jaisankar)

Dr. Hina Khan

(Dr. Deepa Borkhade)

(Dr. J.N. Golekar)

- **Memory** - Meaning, Process- Encoding-Storage-Retrieval, Stages- Sensory-Short Term- Long Term (Types of Long-Term Memory (Implicit (Non-Declarative): Procedural, Explicit (Declarative): Episodic, Semantic)
- **Forgetting**- Meaning, Causes

Psychology Practical (Course Code – PSYP1)

Credit 0.80 (2 Classes per Week) (Batch Size- 16 Students)

Any FOUR:

Contact Classes- 20

1. Substitution Learning
2. Habit Interference
3. Knowledge of Results
4. Maze Learning
5. Recall and Recognition
6. Memory Span
7. Span of Attention /Division of Attention
8. Muller-Lyer Illusion
9. Effect of Mental Set on perception
10. Test/Experiment on Problem Solving

Books for Reading:

1. Baran, R. A. (1995): Psychology: The Essential Science, New Delhi, Allyn and Bacon.
2. Benjamin, L. T. (1997): History Of Psychology: Original Sources and Contemporary Research. New Delhi: McGraw-Hill Companies.
3. Chadha, N. K. Seth, S. (2014): The Psychological Realm: An introduction. Pinnacle learning, New Delhi.
4. Ciccarelli, S. & Meyer, G. E. (2008). Psychology. Pearson, New Delhi
5. Feldman, S. R. (2009): Essentials of Understanding Psychology, Tata McGraw Hill, New Delhi.
6. Kalpan, R. M. and Saccuzzo, D. P. (2005): Psychological Testing: Principal, Application and Issues, 6th Edition, Cengage Learning Inc Private Limited, New Delhi.
7. Lahye, B. B. (2003): Psychology: An Introduction. New Delhi: Tata Hill.
8. Morgan, C. T., King, R. A., Weisz, J. R. & Schopler, J. (1986). Introduction to Psychology. McGraw-Hill
9. Nimbalkar, K. P. (2016): Psychology Experiments and Tests (in Marathi), Psychoscan, Wardha.
10. Pandit, Kulkarni and Gore (1999), Samanya Manasashastra, Pimpalpure Pub. Nagpur

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(H.B. Yawalkar)

11. Passer, M. W. & Smith, R. E. (2007): Psychology: The Science of Mind and Behaviour. NewDelhi: Tata McGraw-Hill
12. Rathus, S. A. (1986): Essentials of Psychology. CBS College Publishing, Holt, Rinehart and Winston, New York.
13. Misra, G., Cornelissen, M., Verma, S. (2010), Foundations of Indian Psychology, Volume 1: Theories and Concepts, Pearson Education
14. Ciccarella S. K. (2008), Manasshastra : Dakshin Asia Avritti (in Marathi), Pearson Education
15. Baron, R. & Bhardwaj, G. (2014) Manowigyan (Hindi Anuwad- 'Psychology' by R. baron), Pearson Education India
16. Singh, A. K. & Singh, A.K. (2017), Vyaktitwa Ka Manowigyan, Motilal Banarsidass Publishers
17. Singh, A. K. (2017), Adhunik Samanya Manowigyan, Motilal Banarsidass Publishers
18. Singh, A. K. (2015), Uchchatar Samanya Manowigyan, Motilal Banarsidass Publishers
19. Mishra, B. K. (2010), Manaw Vyawhar Ka Adhyayn, Prentice Hall of India
20. Verma, P. & Shriwastawa, D. N. (1996), Adhunik Prayogatmak Manovigyan, Vinod Pustak Mandir
21. Tripathi, L. B. & Others (1997), Adhunik Prayogik Manowigyan, Harprasad Bhargav, Agra
22. Deshpande, C. (2018), Manavi Vartan: Manasshastriya Jaan va Samupdeshan, Unmesh Prakashan

SCHEME OF EXAMINATION

-Theory Paper- Max. Marks- 40

-Time- 2:00 Hours

- Pattern of Questions:

Q. 01- Long Answer Question with one Option	8 Marks
Q. 02- Long Answer Question with one Option	8 Marks
Q. 03- Two Short Notes Question with one option	8 Marks
Q. 04- Two Short Notes Question with one option	8 Marks
Q. 05- 08 Very Short Answer Question (Compulsory)	8 Marks

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Distribution of Marks for Practical Examination: (Max. Marks.- 40)

Conduct of Experiment/Test (External Examiner)	10 Marks
Report of Experiment/Test (Internal Examiner)	10 Marks
Viva-Voce (Conduct & Theoretical) (External Examiner)	10 Marks
Record Book (Internal Examiner)	10 Marks

INTERNAL ASSESSMENT (20 Marks)**DISTRIBUTION OF THEORY INTERNAL ASSESSMENT - (Max. Marks- 10):**

1	Activity (Any 2)	3 Marks for each
	1.1	Reading (Indian Psychology)
	1.2	Assignment/Presentation (1. Ways to improve physical and mental fitness OR 2. Creativity OR 3. Mnemonics)
	1.3	Role Play/Case Study/GD (Problem Solving or Decision Making)
	1.4	Participative/Chart Making Activity on any given topic
2	Classroom Participation	2 Marks
3	Attendance	2 Marks

DISTRIBUTION OF INTERNAL ASSESSMENT (Max. Marks- 10):

1	Activity (Any 1)	3 Marks
	1.1	Presentation (in Group of 4) on any given topic
	1.2	Assignment- Psychological Experiments/Instruments/Tests
2	Conduct at Practical Lab	3 Marks
	Laboratory Participation	2 Marks
3	Attendance	2 Marks

Prakash Chandra
H

Dr. Shantika

(H.B. Yadav)

Skill Development Program - Credit 0.80 (1 Class per Week)

Life-Span Development –

Contact Hours: 12

- Human Development: Concept of Growth and Development,
- Principles of Development
- Biological-Social-Cultural Factors affecting Human Development
- Physical-Emotional-Cognitive-Social Development at different stages (From Birth to Death: Early Childhood, Middle Childhood, Late Childhood. Adolescence, Adulthood, Middle Adulthood, Late Adulthood
- Issues (due to Developmental Delay, Dysfunctional Family, Lifestyle, Technical Advancement, Natural-Social-Health Calamities)and adjustment at different stages

Books for Reading-

1. Santrock, J. W., (2021), Children, McGraw Hill
2. Santrock, J. W., (2021), Lifespan Development, McGraw Hill
3. Bhandra, S., Deb, S., Sahay, S., (2019), Childhood to Adolescence | Issues and Concerns, Pearson Education
4. Babu, N., Feldman, R. (2019), Child Development, Pearson Education
5. Hurlock, E. (2017), Personality Development, Indian Edition, McGraw Hill Education
6. Hurlock, E. (2017), Child Development, Indian Edition, McGraw Hill Education, 6th Ed.

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Ab

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Shilpa

(H.B. Yawalkar)

B.A. PSYCHOLOGY SEMESTER 2

COURSE TITLE: FUNDAMENTALS OF PSYCHOLOGY- II

(COURSE TYPE- CORE COURSE CODE-BAPSY02)

COURSE OUTCOMES:

After the completion of this course, students will be able to demonstrate the following competencies:

- a) Develop an understanding about Basic Human Motives and Emotions.
- b) Remember the processes of development of Human Intelligence and Personality
- c) Understand scope of Psychology in various aspects of personal, professional, social life of an individual
- d) Understand scope for Research, Statistics and Testing in Psychology

Theory Course - Credit 2.40 (3 Classes per Week)

UNIT 1 – Psychological Processes- I

Contact Classes- 08

- Motivation-Definition, Concept of homeostasis, Types of motives: Physiological, Psychological, Social, Maslow's theory of Hierarchy of Motives
- Emotion- Definition, Types (Wheel of Emotions), and Correlates: Internal and external, Concept of Emotional Intelligence

UNIT 2- Psychological Processes- II

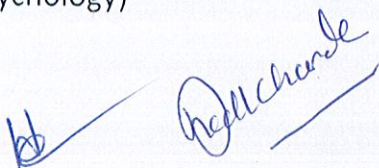
Contact Classes- 12

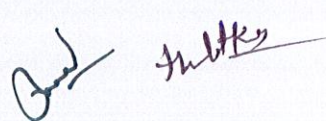
- Intelligence -Definition, I. Q.: C. A., M. A., Distribution of IQ in population. Theories of Intelligence- Gardner's theory, Guilford's SOI model.
- Personality- Definition, Concept, Determinants of Personality, Different Perspectives and Theories of Personality-Psychoanalytic: Freud, Psycho-Social: Erikson, Humanistic: Rogers.

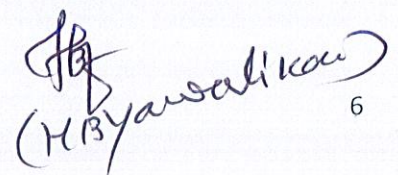
UNIT 3- Applications of Psychology

Contact Classes- 08

- Psychology for Education & Career (School & Educational Psychology, Career Counseling)
- Psychology at Workplace (Organizational & Industrial Psychology , OD, OB, HRM Work- Stress and Health Issues, Work-Life Balance)
- Psychology for Families (Child Psychology, Developmental Psychology, Psychology for Parenting, Premarital Counseling, Family Counseling, Counseling to Addicts, Geriatric Psychology)







- Psychology for Human Health & Well-Being (Clinical & Counseling Psychology, Biopsychology, Psychopathology, Medico-Psychology)
- Psychology for Community (Social Psychology, Psychology and Law, Forensic Psychology, Psychology and Technology, Digital Addiction, Psychology for crisis and rehabilitation)

UNIT 4 – Research, Statistics and Testing in Psychology Contact Classes- 08

- Introduction to Psychological Research, It's scope and contribution
- Use of Statistics in Psychology, It's scope and contribution
- Testing in Psychology-
 - History of Psychological Testing
 - Development of Psychological Tools
 - Types of Psychological Tests (Verbal, Non-Verbal, Psychometric, Projective, Computer Based)
 - Introduction to various Intelligence Tests, Personality Tests, Aptitude Tests
 -

Psychology Practical (Course Code – PSYP02)

Credit 0.80 (2 Classes per Week)(Batch Size- 16 Students)

Any FOUR:

Contact Classes- 20

- 1) Level of Aspiration
- 2) Achievement Motivation Test
- 3) Test on EI/EQ/Emotional Maturity
- 4) Experiment on Emotion
- 5) Personality Test
- 6) Verbal Intelligence Test
- 7) Non Verbal Intelligence Tests
- 8) Test on Mental Health/Well-Being
- 9) Test on Family Environment/Parent-Child Relationship
- 10) Test on Parenting Style/Parent-Child Communication

Books for Reading:

1. Baran, R. A. (1995): Psychology: The Essential Science, New Delhi, Allyn and Bacon.
2. Benjamin, L. T. (1997): History Of Psychology: Original Sources and Contemporary Research. New Delhi: McGraw-Hill Companies.

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3. Chadha, N. K. Seth, S. (2014): The Psychological Realm: An introduction. Pinnacle learning, New Delhi.
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11. Ciccarelli S. K. (2008), Manasshastra : Dakshin Asia Avritti (in Marathi), Pearson Education
12. Anastasi, A. (2016) Psychological Testing 7/e (Adaptation), Pearson Education India
13. Singh, A. K. (2019), Tests, Measurements And Research In Behavioral Sciences, Bharti Bhawan
14. Suleman, M. (2013), Manovigyan Main Prayog Evam Parikshan, Publisher Motilal Banarsidass
15. Srivastava, D. N., Verma, P. (2020), Adhunik Prayogatmak Manovigyan Evam Parikshan, Shri Vinod Pustak Mandir
16. Raut, V. (2021), Kamgaranche Mansik Arogya, Maitri Publication

E-RESOURCES-

1. Psychology Applied to Modern life-Adjustment in The 21st Century
<https://old.amu.ac.in/emp/studym/99999792.pdf>
2. 21st Century Psychology: A Reference Handbook
http://www.yanchukvladimir.com/docs/Library/21st%20Century%20Psychology%20-%20A%20Reference%20Handbook%20Vol.%201-2_2008.pdf
3. Work in 21st Century: An Introduction To Industrial and Organizational Psychology
[https://ftp.idu.ac.id/wp-content/uploads/ebook/ip/BUKU%20MANAJEMEN%20ORGANISAS/An%20Introduction%20to%20Industrial%20and%20Organizational%20Psychology,%204th%20Edition%20\(%20PDFDrive%20\).pdf](https://ftp.idu.ac.id/wp-content/uploads/ebook/ip/BUKU%20MANAJEMEN%20ORGANISAS/An%20Introduction%20to%20Industrial%20and%20Organizational%20Psychology,%204th%20Edition%20(%20PDFDrive%20).pdf)

H
M. Chande

G. S. Thakur

(H.B. Yawalkar)

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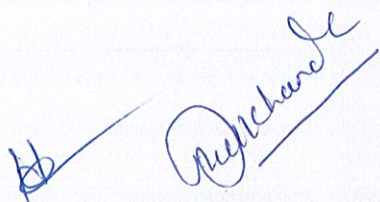
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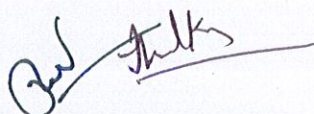
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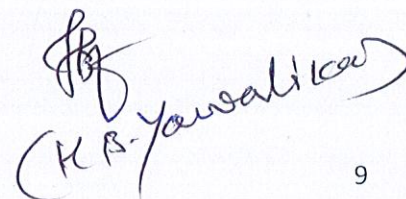
INTERNAL ASSESSMENT (20 Marks)

DISTRIBUTION OF THEORY INTERNAL ASSESSMENT - (Max. Marks- 10):

1	Activity (Any 2)	3 Marks for each
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	1.2	Assignment/Presentation (1. Psychology in everyday life OR 2. Handling Emotions OR 3. Personality/Intellectual Development)
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	Laboratory Participation		2 Marks
3	Attendance		2 Marks

Skill Development Program - Credit 0.80 (1 Class per Week)**Soft Skills & Professional Skills-**

Contact Hours: 12

1. Introduction to Life Skills (Jeevan Kaushal) by UGC
2. Soft-Skills-
 - Communication
 - Leadership
 - Empathy
 - Stress & Emotional Management
3. Professional Skills –
 - Team Work
 - Time Management
 - Presentation & Interview Skills

Books for Reading:

1. Rao, K. R. & Dinkar, P. (2016), Life Skills Education, Neelkama
2. Sharma, S. & Chuhan, G. S. (2015), Soft Skills: An Integrated Approach to Maximize Personality, Wiely Publication
3. Mitra, B. (2016), PERSONALITY DEVELOPMENT AND SOFT SKILLS, Oxford University Press
4. Sharma, p. (2021), Soft Skills 3rd Edition: Personality Development for Life Success, BPB publication

