

**SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI**

**Faculty of Humanities**

**Syllabus**

**(As Per National Education Policy-NEP-2020)**



**Three Years-Six Semesters Bachelor's Degree Programme**

**Degree of Bachelor Arts**

**(B.A. Semester-III & IV Level – 5.0)**

**Department Specific Core (DSC)/Subject-Major/Minor- Psychology**

**(DSC-Code- 651)**

**Board of Study – Psychology**

**(Effective from Academic Year-2025-26)**

# Sant Gadge Baba Amravati University Amravati

Three Years Six Semesters Programme: Bachelor of Arts with Major : **Psychology** and Minor : Psychology (NEP)

Faculty: Humanities B A Semester-III Level: 5.0 DSC- **Psychology (DSC Code-651)**

## Scheme - Teaching - Learning -Examination

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Work Load Hours	Marks		
					L	T	P	Total Hour	Credit offered		External	Internal	Total
1	a	Major DSC- <b>Psychology</b>	<b>651203</b>	Major- III (Theory) <b>Human Development: I (Infancy, Childhood and Adolescence)</b>	2	--	--	2	2	2	30	20	50
			<b>651204</b>	Major-III (Practical / Lab)	--	--	4	4	2	4 x No. of batches	25	25	50
2			<b>651205</b>	<b>Major- IV(Theory) Abnormal Psychology-I</b>	3	--	--	3	3	3	60	40	100
		Major- IKS DSC- <b>Psychology</b>	<b>651251</b>	<b>Major - IKS - Indian Psychology-I</b>	1	--	--	1	1	1	15	10	25
3	b	Minor DSC- Psychology	<b>651231</b>	<b>Minor- III (Theory) Developmental Problems: I (Infancy, Babyhood, Childhood and Adolescence)</b>	2	--	--	2	2	2	30	20	50
			<b>651232</b>	<b>Minor -III (Practical / Lab)</b>	-	--	4	4	2	4 x No. of batches	25	25	50
4	e	Value Education Course (VEC)	<b>751201</b>	VEC- I (A) - Understanding India	1	--	-	1	1	1	-	25	25
			<b>751202</b>	VEC- I (B) - Environmental Education-I	1	-	-	1	1	1	--	25	25
5	d	Skill Enhancement Course(SEC)	<b>751203</b>	<b>SEC- Life skills -III (A) - Universal Human Value</b> (love, and Compassion, Truth, Non-Violeance, Righteousness, Pease, Service, Renunciation (Sacrifice) Tyag)	1	--	-	1	1	1	--	25	25
6			<b>751204</b>	<b>SEC- Life skills -III (B) Leadership &amp; Managerial skills</b> (Leadership skills, Managerial skills Entrepreneurship, Innovative Leadership and Design Thinking, Ethics and Integrity)	1	--	-	1	1	1	--	25	25
7	c	Generic/Open Elective(OE)	<b>651243</b>	<b>OE- 5 (Psychology) : Coping with developmental problems</b>	2	--	--	2	2	2	30	20	50
			-----	<b>OE- 6 -----</b>	2	--	--	2	2	2	30	20	50
8	f	Co-Curricular Courses(Activities)		NSS/UBA/Cultural/Sports/Yogaetc.	-	-----	04	04	02	04	--	-	-
				TOTAL					<b>22</b>				

**L: Lecture, T:Tutorial,P:Practical/Practicum Total Credits offered:22(Max),Total credits to be earned:20(Min) / Batch Size (16)**

Sant Gadge Baba Amravati University Amravati  
Three Years Six Semesters Programme: Bachelor of Arts with Major: **Psychology** and Minor: **Psychology (NEP)**  
Faculty: Humanities B A Semester-IV Level: 5.0  
**DSC- Psychology (DSC Code-651)**  
**Scheme - Teaching - Learning -Examination**

Sr. No.	Vertical No.	NEP Vertical Type	Course Code	Course	Teaching Scheme Hours			Learning		Teaching Workload Hours	Marks		
					L	T	P	Total Hour	Credit offered		External	Internal	Total
1	a	Major - DSC- Psychology	<b>651206</b>	Major -V (Theory) <b>Human Development: II (Adulthood and Old Age)</b>	2	--	--	2	2	2	30	20	50
			<b>651207</b>	Major -V (Practical / Lab)	--	--	4	4	2	4xNo.of batches	25	25	50
			<b>651208</b>	Major -VI (Theory) <b>Abnormal Psychology: II</b>	5	--	--	5	5	5	60	40	100
2		Major - IKS- DSC- Psychology	<b>651252</b>	<b>Major- IKS - Indian Psychology-II</b>	1	--	--	1	1	1	15	10	25
3	b	Minor DSC- Psychology	<b>651233</b>	Minor- IV (Theory) <b>Adjustment and Problems: Adulthood and Old Age</b>	2	--	--	2	2	2	30	20	50
			<b>651234</b>	<b>Minor- IV</b> (Practical / Lab)	--	--	4	4	2	4xNo.of batches	25	25	50
4		Minor Elective-V (A) (Theory) OR Minor Elective V (B) (Theory) ( Student can Select any one )	<b>651235</b>	<b>Minor- V (A) (Theory) Social Psychology-I</b>	4	--	--	4	4	4	60	40	100
			<b>651236</b>	<b>Minor -V (B) (Theory) Positive Psychology-I</b>									
5	e	Value Education Course (VEC)	<b>751205</b>	VEC-II-(A)- <b>Digital Technological solutions</b>	1	-	-	1	1	1	---	25	25
6			751206	VEC-II-(B)- <b>Environmental Education-II</b>	1	-	-	1	1	1	---	25	25
7	f	Co-Curricular Courses (Activities)		NSS/UBA/Cultural/Sports/Yogaetc.	-	-----	4	4	2	4	-	-	-
				<b>TOTAL</b>					<b>22</b>				

L:Lecture, T: Tutorial ,P: Practical/Practicum Total Credits offered:22(Max), Total credits to be earned:20(Min) / Batch Size (16)

# SANT GADGE BABA AMRAVATI UNIVERSITY AMRAVATI

## Three Years Six Semesters Programme: Bachelor of Arts with

### Major: Psychology and Minor: Psychology (NEP)

#### Faculty: Humanities B.A. Semester-III & IV Level:5.0

Class	Vertical Type	Course Code	Credit Offered	Marks			Exam Duration
				External	Internal	Total	
Sem-III	<b>Major III (Theory)</b> Human Development: I (Infancy, Childhood and Adolescence)	651203	2	30	20	50	2 Hours
	<b>Major III (Practical)</b>	651204	2	25	25	50	3 Hours
	<b>Major- IV (Theory)</b> Abnormal Psychology-I	651205	3	60	40	100	3 Hours
	<b>Major-IKS (T) -Indian Psychology-I</b>	651251	1	---	25	25	1 Hour
	<b>Minor -III ( Theory)</b> Developmental Problems: I (Infancy, Babyhood, Childhood and Adolescence)	651231	2	30	20	50	2 Hours
	<b>Minor III ( Practical)</b>	651232	2	25	25	50	3 Hours
	<b>OE- 5-( Psychology)</b> Coping with developmental problems	651243	2	30	20	50	2 Hours
Sem-IV	<b>Major -V (Theory)</b> Human Development: II (Adulthood and Old Age)	651206	2	30	20	50	2 Hours
	<b>Major V ( Practical)</b>	651207	2	25	25	50	3 Hours
	<b>Major VI (Theory)</b> Abnormal Psychology: II	651208	5	60	40	100	3 Hours
	<b>Major- IKS (T) Indian Psychology-II</b>	651252	1	----	25	25	1 Hour
	<b>Minor -IV (Theory)</b> Adjustment and Problems: Adulthood and Old Age	651233	2	30	20	50	2 Hours
	<b>Minor- IV ( Practical)</b>	651234	2	25	25	50	3 Hours
	<b>Minor - Elective V (A) ( Theory)</b> Social Psychology-I	651235	4	60	40	100	3 Hours
	<b>Minor Elective V (B) ( Theory)</b> Positive Psychology-I	651236					

**SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI****FACULTY: HUMANITY**

Degree of Bachelor of Arts with the Major:

**DSC / Subject - Psychology****New Education Policy 2020****Examination Scheme****(External, Internal and Practical)**

Marks Distributions For Theory and Practical Paper	<p style="text-align: center;"><b>Total -100</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>Theory (50 Marks)</b>            External 30 Marks            (Exam Duration: 2 Hours)            Internal 20 Marks         </td><td style="width: 50%; vertical-align: top;"> <b>Practical (50 Marks)</b>            External 25 Marks            (Exam Duration: 3 Hours)            Internal 25 Marks         </td></tr> </table>	<b>Theory (50 Marks)</b> External 30 Marks (Exam Duration: 2 Hours) Internal 20 Marks	<b>Practical (50 Marks)</b> External 25 Marks (Exam Duration: 3 Hours) Internal 25 Marks
<b>Theory (50 Marks)</b> External 30 Marks (Exam Duration: 2 Hours) Internal 20 Marks	<b>Practical (50 Marks)</b> External 25 Marks (Exam Duration: 3 Hours) Internal 25 Marks		
Pattern For Theory Paper	<p style="text-align: center;"><b>Theory External 30 Marks</b></p> <ol style="list-style-type: none"> <li>Long answers on any Two Units out of the Four Units. (Long answers Types questions should internal choice based. ie. Solve any one question out of two questions.)</li> <li>Short answers on any Two Units out of the Four Units. (Short answers Types questions should internal choice based. ie. Solve any Two questions out of four questions.)</li> </ol>		
Marks Distributions For Only Theory Paper	<p style="text-align: center;"><b>Total -100</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <b>Theory External (60 Marks)</b>            (Exam Duration 3 Hours)         </td><td style="width: 50%; vertical-align: top;"> <b>Theory Internal (40 Marks)</b> </td></tr> </table>	<b>Theory External (60 Marks)</b> (Exam Duration 3 Hours)	<b>Theory Internal (40 Marks)</b>
<b>Theory External (60 Marks)</b> (Exam Duration 3 Hours)	<b>Theory Internal (40 Marks)</b>		
Pattern For Only Theory	<p style="text-align: center;"><b>Theory External (60 Marks)</b></p> <ol style="list-style-type: none"> <li>Long answers on any Two Units out of the six Units. (Each question having 10 Marks) (Long answers Types questions should internal choice based. i. e. Solve any one question out of two questions.)</li> <li>Short answers on any Four Units out of the six Units. (Each question having 05 Marks) (Short answers Types questions should internal choice based. ie. Solve any Two questions out of four questions.)</li> </ol>		
Internal Assessment for Theory and Practical	Internal assessment shall be carried out by the respective course teacher by choosing variety of assessment tools/ methods such as class test, record book, seminar, case study, field work, mini project, work quiz or any innovative method, which may be deemed to be appropriate for assessing the relevant course outcome.		

**SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI.**

**Syllabus Prescribed Under NEP-2020**

**Faculty: Humanities**

**Syllabus**

**B. A. Semester-III (NEP) Level- 5.0**

**Major- DSC- Psychology**

**Course Code - 651203**

**Course Title- Major-III (Theory) - Human Development: - I**

**(Infancy, Childhood and Adolescence)**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
<b>5.0</b>	<b>III</b>	<b>651203</b>	Major-III (Theory)- Human Development: I (Infancy, Childhood and Adolescence	2	2	30	2 Hrs.	Total-50 External-30 Internal-20

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

- 1) understand the nature of human growth and development
- 2) analyze the process of human development
- 3) apply theories of human development in analyzing cognitive development
- 4) analyze the problems of school going children including learning disabilities
- 5) psychometric testing will enable the students to analyze the data and to use psychometric tests in counseling process.

**Part I: Theory (60 Marks)**

UNIT	CONTENT	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	<b>Nature of Human Development</b> 1.1 Historical Perspective of Developmental Psychology 1.2 Definitions and Goals of Developmental Psychology 1.3 Nature of Growth and Development 1.4 Principles of Human Development 1.5 A Brief Sketch of Developmental Stages and Developmental Tasks 1.6 The Prenatal Period: Characteristics, Stages and Hazards	<b>8</b>	<b>8</b>
<b>Unit II</b>	<b>Infancy and Babyhood</b> 2.1 Characteristics of Infancy 2.2 Major Adjustment of Infancy	<b>7</b>	<b>7</b>

	2.3 Characteristics of Babyhood 2.4 Developmental Tasks of Babyhood		
<b>Unit III</b>	<b>Childhood</b> 3.1 Characteristics of Childhood 3.2 Physical Development 3.3 Cognitive Development- Piaget's Approach 3.4 Social Development -Albert Bandura	<b>8</b>	<b>8</b>
<b>Unit IV</b>	<b>Adolescence</b> 4.1 Characteristics of Adolescents 4.2 Physical Development 4.3 Emotional Development 4.4 Social Development 4.5 Cognitive Development	<b>7</b>	<b>7</b>

### Part II: Internal Assessment (20 Marks)

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

### Part- III - Major- III (Practical)- (Human Development: I) Code- 651204

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
<b>5.0</b>	<b>III</b>	<b>651204</b>	<b>Major -III (Practical ) (Human Development: I)</b>	<b>2</b>	<b>4</b>	<b>60</b>	<b>3 Hrs.</b>	<b>Total-50 External-25 Internal-25</b>

<b>Contents Any Five of the following</b>	<b>Workload Allotted</b>	<b>Weightage of Marks Allotted</b>
1. Mobile/Internet Addiction Scale 2. Suicidal Ideation Scale 3. Conflict Resolution Ability Scale 4. Parent-child Relationship Scale 5. Emotional Competence Scale 6. Level of Aspiration Scale 7. Study Habits Inventory	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

### Books:

Elizabeth, B. Hurlock. Developmental psychology: A life span approach. Tata McGraw Hill.

1. Chaube S.P. (2017). Developmental Psychology. Neelkamal, Delhi.
2. Laura, E. Berk.(2005). Child development. Prentice Hall of India Pvt. Ltd, New Delhi, 6<sup>th</sup> Edition.
3. John, W. (2007). A Tropical Approach to Life - Span Development. Tata McGraw Hill, Santrock 3rd.
4. Bornstein & Lamb. (2011). Cognitive Development. Psychology press, New York.
5. Karanth & Rozarion, Sage (2009). Learning disabilities in India. New Delhi
6. Pandey (2003). Learning disabilities in primary school children. Anmol Pvt. Ltd, New Delhi.
7. Shah, R. K. Learning disabilities. Avishkar, Jaipur.
8. Mangal, S.K. (2012). Statistics in psychology and education. PHI Learning Pvt. Ltd Delhi, 2<sup>nd</sup> Ed.
9. खलाने, डॉ. शशिकांत., वैकासिक मानसशास्त्र. अथर्व पब्लिकेशन, धुळे.
10. कांडलकर, ल.(2002). मानवविकास. श्रीविद्या प्रकाशन, नागपूर.
11. प्रभू, व्ही.(१९८२). निरामयकामजीवन. मॅजेस्टिक प्रकाशन, मुंबई.
12. भाग्यवंत, एस. आर., भाग्यवंत, पी. आर.(२००३) मानव वैकासिक मानसशास्त्र. रेणुका प्रकाशन, औरंगाबाद.
13. वराडपांडे, एस.(२००२) बालविकास. विद्यार्थीगृहप्रकाशन, पुणे.
14. हिरवे, आर. एस., तडसरे, व्ही. डी.(१९९९). वैकासिक मानसशास्त्र. फळकेप्रकाशन, जळगाव.
15. बोरकर, पुरुषोत्तम. मानवीवाढ व विकास. पिंपलापुळे बुक डिस्ट्रीबुटर, नागपूर.
16. काळे, प्रेमला.(१९८६). बाल मानसशास्त्र. महाराष्ट्र विद्यापीठ, ग्रंथनिर्मिती मंडळ, पुणे.
17. प्रा. डॉ. शंकर डी. वाकोडे (2024) वैकासिक मानसशास्त्र (बाल्यावस्था, किशोरावस्था आणि वृद्धावस्था: विकास आणि समस्या), ज्ञानपथ प्रकाशन अमरावती
18. बोरुडे, आर. कुमठेकर, आर. देसाई, एम. गोलविलकर, बी. एच.(१९९०) वैकासिक मानसशास्त्र. विद्यार्थीगृह प्रकाशन, पुणे.

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**Syllabus**  
**B. A. Semester-III (NEP) Level - 5.0**  
**Major- DSC- Psychology**

**Course Code - 651205**  
**Course Title- Major-IV (Theory) - Abnormal Psychology-I**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
<b>5.0</b>	<b>III</b>	<b>651205</b>	<b>Major-IV (Theory) Abnormal Psychology-I</b>	<b>3</b>	<b>3</b>	<b>45</b>	3 Hrs.	Total-100 External-60 Internal-40

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

- 1 understand the concept of abnormal behavior
- 2 analyze the causes of abnormal behavior
- 3 To understand various types of mental disorders
- 4 sensitize the issues of people with psychological ailments

**Part I: Theory (60 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	<b>Introduction and Causal Factors of Abnormal Behavior</b> 1.1 The Concept of Abnormality, it's indicators 1.2 Classification of Abnormal Behavior 1.3 The DSM V and definition of abnormal behavior	<b>8</b>	<b>10</b>
<b>Unit II</b>	2.1 Perspectives of Abnormal Behavior- Psychodynamic, Behaviorist, Cognitive and Humanistic 2.2 General Causes of Abnormal Behavior: Biological, Psycho-Social and Socio- Cultural	<b>7</b>	<b>10</b>
<b>Unit III</b>	<b>Stress Related Disorders</b> 3.1 Stress and Stressors 3.2 General Adaptation Syndrome 3.3 Effects of Stress: Biological and Psychological 3.4 Post Traumatic Stress Disorders	<b>8</b>	<b>10</b>
<b>Unit IV</b>	<b>Anxiety Based Disorders</b> 4.1 Generalized Anxiety Disorder 4.2 Phobic Disorders: Specific Phobias, Social Phobia, Panic Disorder and Agoraphobia 4.3 Obsessive-Compulsive Disorder, Body dysmorphic Disorder, Hoarding Disorder, Excoriation Disorder (Skin-Picking)	<b>7</b>	<b>10</b>

	and Trichotiliomania (Compulsive Hair Pulling)		
<b>Unit V</b>	<b>Somatic Symptom and Dissociative Disorders:</b> 5.1 Somatic Symptom Disorder, Illness Anxiety Disorder, Conversion Disorder (Functional Neurological Symptom Disorder), Factitious Disorder 5.2 Depersonalization/Derealization Disorder, Dissociative Amnesia, Dissociative Identity Disorders	<b>8</b>	<b>10</b>
<b>Unit VI</b>	<b>Applications of Statistics in Psychology:</b> Measures of variability 6.1 Average Deviation 6.2 Standard Deviation 6.3 Quartile Deviation	<b>7</b>	<b>10</b>

## Part II: Internal Assessment (40 Marks)

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

### Books:

1. American Psychiatric Association: "Diagnostic and Statistical Manual of Mental disorders", DSM-5 (5th Ed)
2. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.
3. Barlow, D.H. & Durand, V.M. (2012). Abnormal psychology: An Integrative approach (6th ed.). Wadsworth Cengage Learning.
4. The International Classification of Diseases ICD-11 (2018). World Health Organization
5. Aahuja, N. (2011) Short textbook of psychiatry (7th Ed), Jaypee Publication
7. Geddes, J.R. & Andreasen, N. C. & Goodwin, G. M.(2019). New Oxford Textbook of Psychiatry 3rded. Oxford books.
8. Sarason ,I. & Sarason, B. (2017). Abnormal Psychology 11th ed. Pearson
9. अपसामान्याचे मानसशास्त्र- डॉ. मानसीराजहंस ,प्रा. अनघापाटील ,डॉ.सुशीलसुर्वे ,उन्मेषप्रकाशन ,पुणे .
10. अपसामान्य /मनोविकृतीमानसाशास्त्र- डी.आर. जोरोंडे, प्रशांतपब्लिकेशन,जळगाव,(२०१५)
11. मनोविकृतीशास्त्र-सवितादेशपांडे ,नरेंद्रप्रकाशन ,पुणे.(२०००)
12. मनकाल्लोल – अच्युतगोडबोले, निलांबरीजोशी ,मनोविकासप्रकाशन ,पुणे( २०१६ )

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Syllabus  
B. A. Semester-III (NEP) Level- 5.0  
**Major-IKS- DSC- Psychology**

**Course Code - 651251**  
**Course Title- Major-IKS - Indian Psychology-I**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	III	651251	<b>Major-IKS Indian Psychology-I</b>	1	1	15	1 Hrs.	Total-25 Test-15 Internal-10

**Learning Objectives:**

- To get knowledge of history of Indian Psychology
- To generate interest in Indian Psychology
- To understand Indian Psychology

**COs:**

- To gain detail knowledge about the history of Indian Psychology
- Trace Origin of Indian Psychology.
- Contributors to Indian Psychology.

**Theory (25 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
Unit I	<b>Reflections of Psychology in Hinduism</b> Yoga and meditation	<b>7</b>	<b>12</b>
Unit II	<b>Reflections of Psychology in Buddhism</b> Mindfulness, Four Noble truths and its relation to Psychology	<b>8</b>	<b>13</b>

**References :**

1. Duane P. Schultz and Sydney Allen Schultz – A History of Indian Psychology, 10th Edition Wadsworth Cengage Learning.
2. Adair. Indigenous developments in Indian Psychology
3. Kumar, S.K. K. Indian thought and tradition: A psychological perspective
4. Rao, R. Development of Psychological thought in India
5. K. Joshi & M. Cornelissen Consciousness, Indian Psychology and yoga
6. Sharma Mansi, Indian Psychology – Exploring the Historical Roots, Emerging Trends and Future Implications
7. Kumar K. Realm of Indian Psychology
8. Ramkrishna K. & Anand C .P. Psychology in Indian Tradition
9. मनाचे व्यवस्थापन (२०१३): संजय पंडित, ध्रुव मीडिया पब्लिकेशन, मुंबई
10. मनात: मानसशास्त्राची उत्कंठावर्धक रम्य सफर (२०१५), अच्युत गोडबोले, मनोविकास प्रकाशन, पुणे

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**Syllabus**  
**B. A. Semester-III (NEP) Level - 5.0**  
**Minor- DSC- Psychology**

**Course Code - 651231**

**Course Title- Minor-III (Theory) - Developmental Problems: I (Infancy, Babyhood, Childhood and Adolescence)**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
<b>5.0</b>	<b>III</b>	<b>651231</b>	<b>Minor-III (Theory) - Developmental Problems: I (Infancy, Babyhood, Childhood and Adolescence)</b>	<b>2</b>	<b>2</b>	<b>30</b>	3 Hrs.	<b>Total-50 External-30 Internal-20</b>

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

1. understand the nature of human growth and development
- 2 analyze the problems of school going children including learning disabilities
- 3 psychometric testing will enable the students to analyze the data and to use psychometric tests in counseling process.

**Part I : Theory ( 30 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	Hazards of Infancy and Babyhood	<b>7</b>	<b>7</b>
<b>Unit II</b>	Learning Disabilities: Dyslexia, Dyscalculia, Dysgraphia, Non- verbal Learning Disability, Verbal Learning Disability (Aphasia and Dysphasia), Problems in Auditory and Visual Processing. ADHD (attention deficit hyperactivity disorders) and Autistic Disorder	<b>8</b>	<b>8</b>
<b>Unit III</b>	Identity Crisis, Substance Abuse, Suicidal ideation and suicide, Sexual Orientation and Sexual Risk,	<b>7</b>	<b>7</b>

	Mobile and Internet Addiction, The problem in Goal Setting, Exam Stress, Love and Break-ups		
<b>Unit IV</b>	Applications of Statistics in Psychology: Frequency Distribution, Graphical Presentation of Data: Histogram and Frequency Polygon	<b>8</b>	<b>8</b>

### **Part II: Internal Assessment (20 Marks)**

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i. e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

### **Part-III Syllabus - Minor-III (Practical) - Code - 651232**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	III	651232	<b>Minor III (Practical ) Developmental Problems: I</b>	<b>2</b>	<b>4</b>	<b>60</b>	3 Hrs.	Total-50 External-25 Internal-25

### **Any Five of the following**

<b>Contents</b>	<b>Workload Allotted</b>	<b>Weightage of Marks Allotted</b>
1. Mobile/Internet Addiction Scale 2. Suicidal Ideation Scale 3. Conflict Resolution Ability Scale 4. Parent-child Relationship Scale 5. Emotional Competence Scale 6. Level of Aspiration Scale 7. Study Habits Inventory	<b>4 Lectures Per Week</b>	<b>Total-50 External-25 Internal-25 For Any One Practical</b>

### **Books:**

1. Elizabeth, B. Hurlock. Developmental psychology: A life span approach. Tata McGraw Hill.
2. Chaube S.P. (2017). Developmental Psychology. Neelkamal, Delhi.
3. Laura, E. Berk.(2005). Child development. Prentice Hall of India Pvt. Ltd, New Delhi, 6<sup>th</sup> Edition.

4. John, W.(2007).A Tropical Approach to Life - Span Development. Tata McGraw Hill, Santrock 3rd.
5. Bornstein & Lamb.(2011). Cognitive Development. Psychology press, New York.
6. Karanth & Rozarion, Sage(2009). Learning disabilities in India. New Delhi
7. Pandey(2003). Learning disabilities in primary school children. Anmol Pvt. Ltd, New Delhi.
8. Shah, R. K. Learning disabilities. Avishkar, Jaipur.
9. Mangal, S.K. (2012). Statistics in psychology and education. PHI Learning Pvt. Ltd Delhi, 2<sup>nd</sup> Ed.
10. खलाने, डॉ. शशिकांत., वैकासिक मानसशास्त्र.अथर्व पब्लिकेशन, धुळे.
11. कांडलकर,ल.(2002). मानवविकास. श्रीविद्या प्रकाशन, नागपूर.
12. प्रभू, व्ही.(१९८२).निरामयकामजीवन. मॅजेस्टिक प्रकाशन,मुंबई.
13. भाग्यवंत, एस. आर.,भाग्यवंत,पी. आर.(२००३)मानव वैकासिक मानसशास्त्र. रेणुका प्रकाशन, औरंगाबाद.
14. वराडपांडे, एस.(२००२)बालविकास. विद्यार्थीगृहप्रकाशन, पुणे.
15. हिरवे, आर. एस.,तडसरे, व्ही. डी.(१९९९).वैकासिक मानसशास्त्र. फळकेप्रकाशन, जळगाव.
16. बोरकर, पुरूषोत्तम.मानवीवाढ व विकास.पिंपलापुळे बुक डिस्ट्रीबुटर,नागपूर.
17. काळे, प्रेमला.(१९८६).बालमानसशास्त्र.महाराष्ट्र विद्यापीठ, ग्रंथनिर्मिती मंडळ, पुणे.
18. प्रा. डॉ. शंकर डी. वाकोडे (2024) वैकासिक मानसशास्त्र (बाल्यावस्था, किशोरावस्था आणि वृद्धावस्था: विकास आणि समस्या), , ज्ञानपथ प्रकाशन अमरावती
19. बोरुडे,आर.कुमठेकर,आर.देसाई,एम.गोलविलकर,बी.एच.(१९९०)वैकसिक मानसशास्त्र.विद्यार्थीगृह प्रकाशन, पुणे.

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**SANT GADGE BABA AMRAVATI UNIVERSITY**

**Syllabus Prescribed Under NEP: 2020**

**Faculty: Humanities**

**Syllabus**

**B. A. Semester-IV (NEP) Level - 5.0**

**Major- DSC- Psychology**

**Course Code - 651206**

**Course Title- Major-V (Theory) - Human Development: II (Adulthood and Old Age)**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	651206	Major-V (Theory) - Human Development: II (Adulthood and Old Age)	2	2	30	3 Hrs.	Total-50 External-30 Internal-20

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

- 1) understand the Developmental Tasks of Adulthood
- 2) understand developmental Tasks of old age
- 3) analyze the process of human development
- 4) sensitize the students about the health issues of old aged people
- 5) Basic statistics and practical in psychometric testing will enable the students to analyze the data and to use psychometric tests in counseling process.

**Part I: Theory (30 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
Unit I	<b>Adulthood: Personal and Social Adjustments</b> 1.1 Characteristics of Adulthood 1.2 Developmental Tasks of Adulthood 1.3 Sex Role, Family and Vocational Adjustment in Adulthood 1.4 Personal and Social Hazards in Adulthood	8	8
Unit II	<b>Middle Age: Personal and Social Adjustments</b> 2.1 Characteristics of Middle Age 2.2 Developmental Tasks of Middle Age	7	7

	3.3 Adjustment to Physical Changes 3.4 Adjustment to Mental Changes 3.5 Family, Social and Vocational Adjustment 3.4 Hazards in Middle Age		
<b>Unit III</b>	<b>Old Age</b> 3.1 Characteristics of OldAge 3.2 Changes in PhysicalAbilities 3.3 Changes in MentalAbilities 3.4 Physical Hazards in OldAge 3.5 Psychological Hazards in Old Age	8	8
<b>Unit IV</b>	<b>Applications of Statistics in Psychology: Measures of Central Tendency</b>  4.1 Mean 4.2 Median 4.3 Mode	7	7

**Part II: Internal Assessment (20 Marks)**

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

**Part III: Practical Major-V (Practical) - Code- 651207**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	651207	Major V (Practical ) Development: II	2	4	60	3 Hrs.	Total-50 External-25 Internal-25

**Any Five of the following**

Contents	Workload Allotted	Weightage of Marks Allotted
1) Job Satisfaction Scale 2) Marital Adjustment Scale 3) Burnout Inventory	<b>4 Lectures Per Week</b>	<b>Total-50 External-25 Internal-25</b>



4) Geriatric Depression Scale 5) PGI Hope Scale 6) Locus of Control Scale 7) Dysfunction Questionnaire		<b>For Any One Practical</b>
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## References

1. Elizabeth, B. Hurlock. Developmental psychology: A life span approach. Tata McGraw Hill.
2. Chaube S.P. (2017). Developmental Psychology. Neelkamal, Delhi.
3. Laura, E. Berk.(2005).Child development. Prentice Hall of India Pvt. Ltd, New Delhi,
4. John, W.(2007).A Tropical Approach to Life - Span Development. Tata McGraw Hill, Santrock
5. Bornstein & Lamb.(2011). Cognitive Development. Psychology press, New York
6. Karanth & Rozarion, Sage(2009). Learning disabilities in India. New Delhi
7. Pandey(2003). Learning disabilities in primary school children. Anmol Pvt. Ltd, New Delhi.
8. Shah, R. K. Learning disabilities. Avishkar, Jaipur.
9. Mangal, S.K. (2012). Statistics in psychology and education. PHI Learning Pvt. Ltd Delhi,
10. खलाने, डॉ. शशिकांत., वैकासिक मानसशास्त्र.अथर्व पब्लिकेशन, धुळे.
11. कांडलकर,ल.(2002). मानवविकास. श्रीविद्या प्रकाशन, नागपूर.
12. प्रभू, व्ही.(१९८२).निरामयकामजीवन. मॅजेस्टिक प्रकाशन,मुंबई.
13. भाग्यवंत, एस. आर.,भाग्यवंत,पी. आर.(२००३)मानव वैकासिक मानसशास्त्र. रेणुका प्रकाशन, औरंगाबाद.
14. वराडपांडे, एस.(२००२)बालविकास. विद्यार्थीगृहप्रकाशन, पुणे.
15. हिरवे, आर. एस.,तडसरे, व्ही. डी.(१९९९).वैकासिक मानसशास्त्र. फळकेप्रकाशन, जळगाव.
16. बोरकर, पुरुषोत्तम.मानवीवाढ व विकास.पिंपलापुळे बुक डिस्ट्रीबुटर,नागपूर.
17. काळे, प्रेमला.(१९८६).बालमानसशास्त्र.महाराष्ट्र विद्यापीठ, ग्रंथनिर्मिती मंडळ, पुणे.
18. प्रा. डॉ. शंकर डी. वाकोडे (2024) वैकासिक मानसशास्त्र (बाल्यावस्था, किशोरावस्था आणि वृद्धावस्था: विकास आणि समस्या), ज्ञानपथ प्रकाशन अमरावती
19. बोरुडे, आर.कुमठेकर, आर.देसाई, एम.गोलविलकर, बी.एच.(१९९०)वैकासिक मानसशास्त्र.विद्यार्थीगृह प्रकाशन, पुणे.

**Syllabus**  
**B. A. Semester-IV (NEP) Level - 5.0**  
**Major- DSC- Psychology**

**Course Code - 651208**  
**Course Title- Major-VI (Theory) - Abnormal Psychology-II**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	<b>651208</b>	<b>Major-VI (Theory) - Abnormal Psychology-II</b>	<b>5</b>	5	<b>75</b>	<b>3 Hrs.</b>	Total-100 External-60 Internal-40

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

- 1) understand the concept of personality disorders
- 2) understand nature of mood disorders
- 3) sensitize the issues of people with psychological ailments
- 4) basic statistics and the practical in psychometric testing will enable the students analyze the data and to diagnose psychological problems.

**Part I: Theory (60 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	<b>Personality Disorders</b> 1.1 Clinical Picture of Personality Disorders 1.2 Cluster A Disorders 1.3 Cluster B Disorders 1.4 Cluster C Disorders 1.5 Other Personality Disorders	<b>13</b>	<b>10</b>
<b>Unit II</b>	<b>Mood Disorders and Suicide:</b> 2.1 Unipolar Depressive Disorders: Major Depressive Disorder, Persistent Depressive Disorder, Other Forms of Depression (Loss and Grieving Process) 2.2 Bipolar and Related Disorders: Cyclothymic Disorder, Bipolar Disorders I and II	<b>13</b>	<b>10</b>

	2.3 Suicide: The Clinical Picture and the Causal Pattern		
<b>Unit III</b>	<b>Schizophrenia and other Psychotic Disorders:</b> 3.1 Clinical Picture of Schizophrenia 3.2 Subtypes of Schizophrenia 3.3 Causes of Schizophrenia	13	10
<b>Unit IV</b>	<b>Other Psychotic Disorders</b> 4.1 Schizoaffective disorder 4.2 Schizophreniform Disorder 4.3 Delusional Disorder 4.4 Brief Psychotic Disorder)	12	10
<b>Unit V</b>	<b>Substance Related Disorders</b> 5.1 Drug Abuse and Dependence 5.2 Gambling Disorder 5.3 Alcohol Related Disorder	12	10
<b>Unit VI</b>	<b>Measures of Central Tendency</b> 6.1 Mean 6.2 Median 6.3 Mode	12	10

### **Part II: Internal Assessment ( 40 Marks)**

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

### **Books:**

1. American Psychiatric Association: "Diagnostic and Statistical Manual of Mental disorders", DSM-5 (5th Ed)
2. Butcher J.N; Mineka Susan; and Hooley Jill M. (2014) Abnormal Psychology (15th Ed.) Dorling Kindersley (India) Pvt. Ltd. of Pearson Education.
3. Barlow, D.H. & Durand, V.M. (2012). Abnormal psychology: An Integrative approach (6th ed.). Wadsworth Cengage Learning.
4. The International Classification of Diseases ICD-11 (2018). World Health Organization
5. Aahuja, N. (2011) Short textbook of psychiatry (7th Ed), Jaypee Publication
7. Geddes, J.R. & Andreasen, N. C. & Goodwin, G. M.(2019). New Oxford Textbook of Psychiatry 3rd ed. Oxford books.
8. Sarason, J. & Sarason, B. (2017). Abnormal Psychology 11th ed. Pearson
9. अपसामान्य मानसशास्त्र- डॉ. मानसीराजहंस , प्रा. अनघापाटील , डॉ सुशीलसुर्वे , उन्मेष प्रकाशन , पुणे .
10. अपसामान्य / मनोविकृती मानसशास्त्र- डी. आर. जोरोंडे, प्रशांत पब्लिकेशन, जळगाव, (२०१५)
11. मनोविकृती शास्त्र- सविता देशपांडे , नरेंद्र प्रकाशन , पुणे. (२०००)
12. मनकाल्लोल – अच्युत गोडबोले, निलांबरी जोशी , मनोविकास प्रकाशन , पुणे ( २०१६ )

**Syllabus**  
**B. A. Semester-IV (NEP) Level 5.0**  
**Major-IKS- DSC- Psychology**

**Course Code - 651252**  
**Course Title- Major-IKS - Indian Psychology-II**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	<b>651252</b>	Major-IKS - Indian Psychology-II	1	1	15	1 Hrs.	Total-25 Test-15 Internal-10

**Learning Objectives:**

1. To get knowledge of history of Indian Psychology
2. To generate interest in Indian Psychology
3. To understand Indian Psychology

**COs:**

1. To gain detail knowledge about the history of Indian Psychology
2. Trace Origin of Indian Psychology.
3. Contributors to Indian Psychology.

Theory ( 15 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	Reflections of Psychology in Jainism: Five main vows and its relation to Psychology	<b>7</b>	<b>10</b>
<b>Unit II</b>	Reflections of Psychology in Skhism: Equality, social justice, service to humanity, and tolerance for other religions and its relation to Psycholog	<b>8</b>	<b>5</b>

**References :**

1. Duane P. Schultz and Sydney Allen Schultz – A History of Indian Psychology, 10th Edition Wadsworth Cengage Learning.
2. Adair, J.G. Indigenous developments in Indian Psychology
3. Kumar, S.K.K. Indian thought and tradition : A psychological perspective
4. Rao, R. Development of Psychological thought in India
5. K. Joshi & M. Cornelissen Consciousness, Indian Psychology and yoga
6. Sharma Mansi, Indian Psychology – Exploring the Historical Roots, Emerging Trends and Future Implications
7. Kumar K. Realm of Indian Psychology
8. Ramkrishana K. & Anand C.P. Psychology in Indian Tradition
9. मनाचे व्यवस्थापन (२०१३): संजय पंडित, ध्रुव मीडिया पब्लिकेशन, मुंबई
10. मनात: मानसशास्त्राची उत्कंठावर्धक रम्य सफर (२०१५), अच्युत गोडबोले, मनोविकास प्रकाशन, पुणे

**Syllabus**  
**B. A. Semester-IV (NEP) Level - 5.0**  
**Minor- DSC- Psychology**

**Course Code - 651233**

**Course Title- Minor-IV (Theory) - Adjustment and Problems: Adulthood and Old Age**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
<b>5.0</b>	<b>IV</b>	<b>651233</b>	<b>Minor-IV (Theory) - Adjustment and Problems: Adulthood and Old Age</b>	<b>2</b>	<b>2</b>	<b>30</b>	<b>2 Hrs.</b>	Total-50 External-30 Internal-20

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

- 1 understand the nature of human growth and development
- 2 analyze the problems of old age including adjustment with stress.
- 3 psychometric testing will enable the students to analyze the data and to use psychometric tests in counseling process.

**Part I: Theory (30 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	<b>Adulthood: Personal and Social Adjustments</b> 1.5 Characteristics of Adulthood 1.6 Developmental Tasks of Adulthood 1.7 Sex Role, Family and Vocational Adjustment in Adulthood 1.4 Personal and Social Hazards in Adulthood	8	8
<b>Unit II</b>	<b>Problems in Old age</b> 2.1 Alzheimer Disease 2.2 Parkinson's disease 2.3 Empty Nest Syndrome 2.4 Old Age Home 2.5 Depression and Suicide	7	7
<b>Unit III</b>	<b>Adjustment with Stress:</b> 3.1 Stress and Stressors	8	8

	3.2 General Adaptation Syndrome 3.3 Effects of Stress: Biological and Psychological		
<b>Unit IV</b>	<b>Applications of Statistics in Psychology:</b> <b>Measures of Central Tendency</b> 4.1 Mean 4.2 Median 4.3 Mode	7	7

### **Part II: Internal Assessment (20 Marks)**

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

### **Part III: Practical - Minor-IV - Practical Code- 651234**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	<b>651234</b>	Minor- III Practical Development: II	2	4	60	3 Hrs.	Total-50 External-25 Internal-25

### **Any Five of the following**

<b>Contents</b>	<b>Workload Allotted</b>	<b>Weightage of Marks Allotted</b>
1) Optimism –Pessimism Scale 2) Anxiety Scale 3) Frustration Scale 4) Stress Scale 5) Security – Insecurity Scale 6) Mental Depression Scale 7) Clinical Analysis Questionnaire	<b>4 Lectures Per Week</b>	<b>Total-50 External-25 Internal-25 For Any One Practical</b>

### **References :**

1. Elizabeth, B. Hurlock. Developmental psychology: A life span approach. Tata McGraw Hill.
2. Chaube S.P. (2017). Developmental Psychology. Neelkamal, Delhi.
3. Laura, E. Berk.(2005).Child development. Prentice Hall of India Pvt. Ltd, New Delhi,
4. John, W.(2007).A Tropical Approach to Life - Span Development. Tata McGraw Hill, Santrock
5. Bornstein & Lamb.(2011). Cognitive Development. Psychology press, New York
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7. Pandey(2003). Learning disabilities in primary school children. Anmol Pvt. Ltd, New Delhi.
8. Shah, R. K. Learning disabilities. Avishkar, Jaipur.
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- 12 . प्रभू, व्ही.(१९८२).निरामयकामजीवन. मॅजेस्टिक प्रकाशन,मुंबई.
- 13.भाग्यवंत, एस. आर.,भाग्यवंत,पी. आर.(२००३)मानव वैकासिक मानसशास्त्र. रेणुका प्रकाशन, औरंगाबाद.
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15. हिरवे, आर. एस.,तडसरे, व्ही. डी.(१९९९).वैकासिक मानसशास्त्र. फळकेप्रकाशन, जळगाव.
- 16.बोरकर, पुरूषोत्तम.मानवीवाढ व विकास.पिंपलापुळे बुक डिस्ट्रीबुटर,नागपूर.
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19. बोरुडे,आर.कुमठेकर,आर.देसाई,एम.गोलविलकर,बी.एच.(१९९०)वैकसिक मानसशास्त्र.विद्यार्थीगृह प्रकाशन, पुणे.

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**Syllabus**  
**B. A. Semester-IV (NEP) Level - 5.0**  
**Minor- Elective- DSC- Psychology**

**Course Code - 651235**

**Course Title- Minor Elective V (A) (Theory) - Social Psychology-I**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	651235	Minor-Elective-V (A): <b>(Theory)</b> <b>Social Psychology-I</b>	4	4	60	3 Hrs.	Total-100 External-60 Internal-40

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

1. To enable students to appreciate how individual behaviour is influenced by social and cultural context
2. To familiarize students with various social concepts in social psychology.
3. Students should be able to acquire important knowledge of Social Psychology and how to implement it in social life.

**Part I : Theory (60 Marks )**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	<b>Introduction to Social Psychology</b> Definitions of Social Psychology, Nature of Social Psychology, Scope of Social Psychology	10	10
<b>Unit II</b>	<b>Methods of Social Psychology</b> Experimental Method, Field Experiment, Correlational Studies ,Survey Method, Cross-Cultural Method	10	10
<b>Unit III</b>	<b>Social Cognition</b> Definition, Mental Short Cuts: Heuristics, Biases & Fallacies, Emotion and Cognition Schema and Selection, Determinates of Social Cognition: (Physical and social environment, Needs and goals, Past experiences)	10	10



<b>Unit IV</b>	<b>Person and Social Perception</b> Person Perception: Attribution, Basic Issues, types of attribution, attribution bias Social Perception: -Non-verbal communication, Attribution, First impression and managing impression, Understanding the causes of behaviour, Theory of attribution – Kelly’s Theory & Curt Lewin’s theory	10	10
<b>Unit V</b>	<b>Social Influence</b> _Definition and Nature of Social Influence, <b>Conformity</b> : Factor affecting Conformity, Bases of Conformity, Minority and Majority influence <b>Compliance</b> , Technique of Compliance: Foot-in-the-door technique Door-in-the-face technique, Lowball technique <b>Obedience</b> : Definition Milgram’s Shocking Research, Distractive Obedience	10	10
<b>Unit VI</b>	Applications of Statistics in Psychology: Measures of variability Average Deviation, Standard Deviation, Quartile Deviation	10	10

### **Part II: Internal Assessment (40 Marks)**

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

### **References –**

1. Paliwal S. (2013) Social Psychology, 2<sup>nd</sup> Edition, RBSA Publishers S.M.S Highway Jaipur (Unit I, II, III, IV)
2. Baron R.A. and Branscombe N. R. (2016) Social Psychology, 13<sup>th</sup> Edition, Pearson Education Inc (Unit II, III, IV, V)
3. Ciccarelli, S. K. & White J. N: Mishra G. (2021) Psychology. 5<sup>th</sup> Edition, Pearson Education Inc. (Unit V)
4. Inamdar, M. K., Gadekar K. N. & Patila A. M. (2014, 2021) Samajik Mansshastra, 1<sup>st</sup> Marathi edition and reprint, Daymund Publication, Pune (Unit I, II)
5. Sadhna Natu, Alpna Vaidya and Manasi Rajhans (2012). Samajik Manassshastra (Marathi Anuwad), 12<sup>th</sup> Edition, Pearson
6. Tylor, S. E., Peplau L. A., & Sears, D. O (2005) Social Psychology, 12<sup>th</sup> Edition Pearson Prentice Hall .

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**Syllabus**  
**B. A. Semester-IV (NEP) Level - 5.0**  
**Minor- Elective- DSC- Psychology**

**Course Code - 651236**

**Course Title- Minor Elective V (B) (Theory) - Positive Psychology-I**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.0	IV	651236	Minor-Elective-V (B): <b>(Theory)</b> <b>Positive Psychology-I</b>	4	4	60	3 Hrs.	Total-100 External-60 Internal-40

**Objectives**

1. To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.
2. To make students understand importance of well-being at different stages of life.
3. To acquaint the students with Happiness and Positive Traits of Personality.

**Part I : Theory ( 60 Marks)**

Unit	Content	Workload Allotted	Weightage of Marks Allotted
<b>Unit I</b>	<b>Positive Psychology:</b> Assumption, Goals and Definitions. Life above Zero, Culture and the meaning of a Good Life, Related fields of Positive Psychology i) Health Psychology ii) Clinical Psychology iii) Developmental Psychology iv) Social Psychology v) Personality Psychology vi) Psychology of Religion	10	10
<b>Unit II</b>	<b>The Meaning and Measure of Happiness</b> i) Objectives Versus Subjective Measures ii) Negative Versus Positive Functioning B) What is Happiness? Two Traditions i) Hedonic Happiness ii) Eudemonic Happiness Subjective Well Being: The Hedonic Basis of Happiness i) Measuring Subjective Well Being	10	10

	ii) Life Satisfaction iii) Positive Affect Negative Affect and Happiness iv) Global Measures of Happiness.		
<b>Unit III</b>	<b>Positive Emotion and Well Being</b> A) What Are Positive Emotions? i) The Broaden and Build Theory of Positive Emotion B) Positive Emotion Health Resources i) Physical Resources ii) Psychological Resources iii) Social Resources iv) The Limits of Positive Emotions C) Positive Emotions and Well Being i) Happiness and Positive Behavior ii) Positive Emotions and Success iii) General Theory of Positivity iv) Positive Emotions and Flourishing D) Cultivating Positive Emotions i) Flow Experiences	10	10
<b>Unit IV</b>	<b>RESILIENCE</b> A) What is Resilience? i) Developmental Perspective ii) Clinical Perspective B) Resilience Research i) Sources of Resilience ii) The Danger of Blaming the Victim iii) Sources of Resilience in Children iv) Sources of Resilience in Adulthood and Later Life v) Successful Aging	10	10
<b>Unit V</b>	<b>Growths Through Trauma</b> i) Negative Effects of trauma ii) Positive Effects of trauma iii) Explanations for Growth through Trauma.	10	10
<b>Unit VI</b>	<b>Applications of Statistics in Psychology:</b> Measures of variability Average Deviation, Standard Deviation, Quartile Deviation	10	10

### **Part II: Internal Assessment (40 Marks)**

Internal assessment will be done on the basis of performance in Continuous Assessment Tests i.e. Unit tests, Seminar, Group Discussion, Surprise Test, Filed Work, Case Study, Mini Project Work or any innovative method.

**Books:**

1. Baumgartner S.R, Crothers M.K. (2009) Positive Psychology: Pearson Education.
2. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
3. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. Peterson, C. (2006). A Primer in Positive Psychology. New York: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.
7. Vishwanath Shinde (2016) सकारात्मक मानसशास्त्र (Positive Psychology). Dimond Publication.
8. Savdekar S. Labhane C &Sontakke (2013). सकारात्मक मानसशास्त्र (Positive Psychology), Prashant Publication Jalgaon.

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