

SANT GADAGE BABA AMRAVATI UNIVERSITY , AMRAVATI

Faculty of Humanities

Syllabus

As per National Education Policy- NEP-2020



Three Years- Six Semesters Bachelor's Degree Programme

(Level - 4.5 to 5.5)

B.A. I Psychology Semester I & II

Major Core & Major Elective / Minor

Board of Studies – Psychology

SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI.

Syllabus Prescribed Under NEP-2020

Faculty: Humanities

Three/Four Years Bachelor's Degree Programme

Board of Study- Psychology

Programme: B.A. (Psychology)

B. A. I Semester-I

Course Title- Major//Minor – I (Theory) – Introduction to Psychology I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
4.5	I	651201	Introduction to Psychology - I	2	2	30	2 Hrs.	Total-50 External-30 Internal-20

Course Outcome: After successful completion of the course, students will be able to:

1. Understand the basic concepts, history, and schools of psychology.
2. Understand the Major/Minor methods used in psychological research.
3. Understand the biological basis of human behavior.
4. Interpret the processes of attention, perception, emotion, and motivation.
5. Develop a scientific understanding of human behavior and mental processes.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	1.1 Definition and goals of Psychology. 1.2 Schools of Psychology: Psychoanalysis, Behaviorism, Humanistic, Cognitive. 1.3 History of Psychology. 1.4 Methods of Psychology-Experimental, Observation, Survey, Correlational and Clinical Method.	8	8
II	2.1 Biological bases of Behavior: Function and structure of Neuron, 2.2 Spinal Cord : Structure and Function 2.3 Brain : Structure and Function 2.4 Role of Autonomic Nervous System in Behavior	7	7

III	3.1 Attention: Definitions, Types, Determinants of Attention 3.2 Span of Attention, Fluctuation of attention, Division of attention and Distraction of attention. 3.3 Perception: Definitions, laws of perceptual organization 3.4 Determinants of perception, figure and ground, Illusion.	7	7
IV	4.1 Definitions of emotion, the difference between feeling and emotions, 4.2 Physiological changes in emotion, role of the autonomic nervous system in emotion. 4.3 Theories of emotion: James Lange, Cannon-Bard and Schechter Singer. 4.4 Definitions of motivation, motivational cycle 4.5 Types of motives and hierarchy of motives, Motivational conflicts.	8	8

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.

References :

1. Ciccarelli, S. K., & Meyer, G. E. (2006). *Psychology*. Pearson Education & Dorling Kindersley Publishing. (First Indian reprint).
2. Ciccarelli, S. K., & Meyer, G. E. (2008). *Psychology* (Indian subcontinent adaptation). Dorling Kindersley (India) Pvt. Ltd.
3. Ciccarelli, S. K., & White, J. N. (2018). *Psychology* (5th ed.). Pearson Education.
4. Coon, D., & Mitterer, J. O. (2007). *Introduction to psychology: Gateways to mind and behaviour* (11th ed.). Wadsworth/Thomson Learning.
5. Feldman, R. S. (2008). *Understanding psychology* (8th ed.). McGraw-Hill.
6. Lahey, B. B. (2007). *Psychology: An introduction* (9th ed.). McGraw-Hill.
7. सिसरेली व मेयर: ओक. ए. अभ्यंकर एस. व गोळाविलकर एस. (2008) मानसशास्त्र: पीयरसन दक्षीण आशीया इडीशन.
8. पंडीत, कुलकर्णी, गोरे(1999). सामान्यमानसशास्त्र, पिंपळापुरे प्रकाशन, नागपूर

9. पाध्ये.व्ही. एस. (2004). मानसशास्त्र-एकपरिचय, रेणुका प्रकाशन, औरंगाबाद
10. बडगुजरव शींदे (2001). सामान्य मानसशास्त्र, स्वयंभू प्रकाशन, नासिक
11. इनामदार एम. के. गाडेकर के. एन. पाटील ए. एम. (2005). आधुनिक मानसशास्त्र, डायमंड प्रकाशन पुणे.
12. अभ्यंकर एस. अमृता ओ. गोवळीकर एस. (2006). मानसशास्त्र, पीयरसन पब्लीकेशन, नवीदिल्ली.
13. निशा मुंधडा , शशीकांत खलाने (2013), मानसशास्त्राची मुलतत्वे: अथर्व प्रकाशन
14. हिरवे, तडसरे (2004). सामान्य मानसशास्त्र, फडके प्रकाशन, कोल्हापुर.
15. बोरुडे आर. आर (2002). बोधनिक मानसशास्त्र, छाया प्रकाशन, औरंगाबाद

B. A. I Semester-I Major/Minor -I (P)- DSC- Psychology Practical – I

Course Title : Psychology Practical : Experiments- I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
4.5	I	651202	Psychology: Practical Experiments- I	2	4	60	3 Hrs.	Total-50 External-25 Internal-25

Course Outcomes : After successful completion of the course, students will be able to:

1. Conduct basic psychological experiments using standard procedures.
2. Administer and score simple psychological tests.
3. Record, analyze, and interpret experimental observations.
4. Prepare practical reports following scientific methods.
5. Demonstrate fundamental experimental and testing skills in psychology.

Contents Any Six of the following	Workload Allotted	Weightage of Marks Allotted
1) Span of Attention 2) Division of Attention 3) Muller-Lyer Illusion 4) Depth Perception 5) Colour Preference 6) Judgment of emotion 7) Motivational conflicts. 8) Emotional competency Scale	4 Lectures Per Week	Total-50 External-25 Internal-25 (For Any One Practical)

Marks Distribution for External & Internal

External – 25 Marks

Conduct Experiment – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI.

Syllabus Prescribed Under NEP-2020

Faculty: Humanities

Three/Four Years Bachelor's Degree Programme

Board of Study- Psychology

Programme: B.A. (Psychology)

B. A. I Semester-II

Course Title- Major//Minor - II (Theory) – Introduction to Psychology – II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
4.5	II	651203	Introduction to Psychology - II	2	2	30	2 Hrs.	Total- 50 External- 30 Internal- 20

Course Outcomes: After successful completion of the course, students will be able to:

1. Understand the principles and types of learning.
2. Describe the concepts and theories of intelligence.
3. Interpret the process of problem-solving and its strategies.
4. Illustrate the stages and processes of memory.
5. Explain the causes of forgetting and techniques to improve memory.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	1.1 Learning: Definition, Types of learning, 1.2 Methods of learning: imitation, classical and instrumental conditioning, trial and error method, laws of learning, insight learning, latent learning and avoidance learning. 1.3 Transfer of learning.	8	8
II	2.1 Intelligence: Definitions, types of intelligence, 2.2 Intelligence Quotient, Types of intelligence tests, 2.3 Theories of intelligence- Spearman, Gardner and Sternberg 2.4 Problem- solving: Nature, characteristics, Problem -solving strategies, impediments to problem-solving	7	7

III	3.1 Memory- Nature and Definitions, 3.2 Stages of memory: sensory , short- and long-term memory. 3.3 Methods to measure retention 3.4 Techniques to improve memory.	7	7
IV	4.1 Forgetting- Nature and Definition, 4.2 Forgetting curve and its Characteristics 4.3 Theories of forgetting: interference, decay, reconstruction, & amnesia.	8	8

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.

References :

1. Ciccarelli, S. K., & Meyer, G. E. (2006). *Psychology*. Pearson Education & Dorling Kindersley Publishing. (First Indian reprint).
2. Ciccarelli, S. K., & Meyer, G. E. (2008). *Psychology* (Indian subcontinent adaptation). Dorling Kindersley (India) Pvt. Ltd.
3. Ciccarelli, S. K., & White, J. N. (2018). *Psychology* (5th ed.). Pearson Education.
4. Coon, D., & Mitterer, J. O. (2007). *Introduction to psychology: Gateways to mind and behaviour* (11th ed.). Wadsworth/Thomson Learning.
5. Feldman, R. S. (2008). *Understanding psychology* (8th ed.). McGraw-Hill.
6. Lahey, B. B. (2007). *Psychology: An introduction* (9th ed.). McGraw-Hill.
7. सिसरेली व मेयर: ओक. ए. अभ्यंकर एस. व गोळविलकर एस. (2008) मानसशास्त्र: पीयरसन दक्षीण आशीया इडीशन.
8. पंडीत, कुलकर्णी, गोरे(1999). सामान्यमानसशास्त्र, पिंपळापुरे प्रकाशन, नागपूर
9. पाध्ये.व्ही. एस. (2004). मानसशास्त्र-एकपरिचय, रेणुका प्रकाशन, औरंगाबाद
10. बडगुजरव शींदे (2001). सामान्य मानसशास्त्र, स्वयंभू प्रकाशन, नासिक
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12. अभ्यंकर एस. अमृता ओ. गोवळीकर एस. (2006). मानसशास्त्र, पीयरसन पब्लीकेशन, नवीदिल्ली.
13. निशा मुंधडा , शशीकांत खलाने (2013), मानसशास्त्राची मुलतत्वे: अथर्व प्रकाशन
14. हिरवे, तडसरे (2004). सामान्य मानसशास्त्र, फडके प्रकाशन, कोल्हापुर.
15. बोरुडे आर. आर (2002). बोधनिक मानसशास्त्र, छाया प्रकाशन, औरंगाबाद

B. A. I Semester-II Major/Minor -II (P)- DSC- Psychology Practical – II

Course Title : Psychology Practical : Experiments- II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
4.5	II	651204	Psychology Practical Experiments - II	2	4	60	3 Hrs.	Total-50 External-25 Internal-25

Course Outcomes : After successful completion of the course, students will be able to:

1. Conduct basic psychological experiments using standard procedures.
2. Administer and score simple psychological tests.
3. Record, analyze, and interpret experimental observations.
4. Prepare practical reports following scientific methods.
5. Demonstrate fundamental experimental and testing skills in psychology.

Contents Any Six of the following	Workload Allotted	Weightage of Marks Allotted
1) Maze Learning 2) Habit Interference 3) Substitution Learning 4) Recall and Recognition 5) Multiple Choice 6) Retroactive Inhibition 7) Memory Span 8) General Intelligence Test	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal

External – 25 Marks

Conduct Experiment – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B. A. I Semester - II (Major) - VSEC- I (Psychology)

Course Title- Foundations of Psychological Skills

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
4.5	II	651271	Foundations of Psychological Skills	2	4	60	2 Hrs.	Total-50 College Level Exam- 30 + Internal-20

Course Outcomes : After successful completion of the course, students will be able to:

1. Explain the principles of effective communication and interpersonal skills.
2. Demonstrate verbal, non-verbal, active listening, and rapport-building skills.
3. Describe the role of emotional intelligence in counseling and professional practice.
4. Apply basic stress management, relaxation, and mindfulness techniques.
5. Demonstrate fundamental psychological assessment skills, including observation, interviewing, and case history recording.
6. Apply ethical principles in psychological assessment and professional practice.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	1.1 Definitions of Communication and Interpersonal Skills 1.2 Effective communication 1.3 Verbal and non-verbal communication 1.4 Active listening ,Rapport building	8	8
II	2.1 Meaning of Emotional Intelligence and Social intelligence 2.2 Emotional intelligence in Inter-personal skills 2.3 Social Intelligence in Interpersonal skills	7	7
III	3.1 Meaning & nature of Stress 3.2 Management Techniques : Relaxation and Mindfulness	7	7
IV	4.1 Basic Psychological Assessment Skills 4.2 Observation, 4.3 Interview 4.4 Case history recording	8	8

Part II: Internal Assessment (20 Marks)

Conduct any one of the following activities:

1. **Communication Skills Activity:** Demonstrate verbal and non-verbal communication through a role-play.
2. **Active Listening Exercise:** Conduct a listening activity with a partner and submit a brief reflection report.
3. **Stress Management Practice:** Practice any one relaxation technique (deep breathing, progressive muscle relaxation, or mindfulness) for one week and submit a short report.
4. **Observation Report:** Observe a social interaction (classroom, workplace, or public setting) and prepare a simple observation report.
5. **Interview and Case History:** Conduct a basic interview with a volunteer and prepare a simple case history record following ethical guidelines.

Reference

1. Baron, R. A., & Branscombe, N. R. (2017). *Social psychology* (14th ed.). Pearson.
2. Coon, D., & Mitterer, J. O. (2019). *Introduction to psychology: Gateways to mind and behavior* (15th ed.). Cengage Learning.
3. Egan, G. (2019). *The skilled helper: A problem-management and opportunity-development approach* (11th ed.). Cengage Learning.
4. Feldman, R. S. (2021). *Understanding psychology* (15th ed.). McGraw-Hill Education.
5. Goleman, D. (2006). *Emotional intelligence: Why it can matter more than IQ*. Bantam Books.
6. Nelson-Jones, R. (2015). *Basic counselling skills: A helper's manual* (4th ed.). Sage Publications.