

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. III Psychology Semester V & VI

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. III Semester - V

Course Title- Major-VII (Theory) - Health Psychology

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651212	Health Psychology	2	2	30	2 Hrs.	Total-50 External-30 Internal-20

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

1. Understand the basic concepts, scope, and importance of health psychology and its role in healthcare.
2. Explain the relationship between stress and health, and identify effective stress management techniques.
3. Understand the influence of health behaviors, lifestyle, and psychological factors on physical and mental health.
4. Describe the role of health promotion, disease prevention, and healthy habits in maintaining well-being.
5. Explain psychological interventions, counseling approaches, and the importance of family and community support in healthcare.

Part I – Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Introduction to Health Psychology 1.1 Meaning and Definition of Health Psychology 1.2 Nature and Scope of Health Psychology 1.3 Goals and Importance of Health Psychology 1.4 Mind–Body Relationship	8	8

	1.5 Biopsychosocial Model of Health 1.6 Role of Psychologists in Health Care 1.7 Health behavior and Lifestyle		
II	Stress and Health 2.1 Sources and Types of Stress 2.2 Symptoms of Stress 2.3 Stress and Physical Health 2.4 Stress and Burnout	7	7
III	Health Behavior and Illness 3.1 Concept of Health Behavior 3.2 Healthy and Unhealthy Habits 3.3 Exercise, Nutrition, and Sleep 3.4 Addiction and Substance Abuse 3.5 Psychological Factors in Illness 3.6 Patient–Doctor Relationship 3.7 Health Promotion and Prevention	7	7
IV	Psychological Interventions and Community Health 4.1 Psychological Intervention in Health Care Counselling for Health Problems 4.2 Pain Management ,Chronic Illness and Psychological Adjustment 4.3 Community Health Programs ,Mental Health Awareness 4.4 Role of Family and Social Support in Health	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.

Reference :

1. Baum, A., Revenson, T. A., & Singer, J. E. (Eds.). (2012). *Handbook of health psychology* (2nd ed.). Psychology Press.

2. Brannon, L., & Feist, J. (2018). *Health psychology: An introduction to behavior and health* (9th ed.). Cengage Learning.
3. Friedman, H. S. (Ed.). (2011). *The Oxford handbook of health psychology*. Oxford University Press.
4. Ghosh, M. (2014). *Health psychology: Concepts in health and wellbeing*. Pearson Education India.
5. Hariharan, M. (2020). *Health psychology: Theory, practice and research*. SAGE Publications.
6. Marks, D. F., Murray, M., Estacio, E. V., & McDaid, D. (2018). *Health psychology: Theory, research and practice* (5th ed.). SAGE Publications.
7. Morrison, V., & Bennett, P. (2016). *An introduction to health psychology* (4th ed.). Pearson.
8. Ogden, J. (2019). *Health psychology: A textbook* (6th ed.). McGraw-Hill Education.
9. Sarafino, E. P. (2016). *Health psychology: Biopsychosocial interactions* (9th ed.). John Wiley & Sons.
10. Sarafino, E. P., & Smith, T. W. (2020). *Health psychology: Biopsychosocial interactions* (10th ed.). Wiley.
11. Straub, R. O. (2019). *Health psychology: A biopsychosocial approach* (6th ed.). Worth Publishers.
12. Suls, J., & Wallston, K. A. (Eds.). (2008). *Social psychological foundations of health and illness*. Blackwell Publishing.
13. Taylor, S. E. (2018). *Health psychology* (10th ed.). McGraw-Hill Education.
14. Taylor, S. E. (2021). *Health psychology* (11th ed.). McGraw-Hill Education.
15. खलाणे , डॉ शशिकांत (२०२६). समृद्ध जीवनाचे मानसशास्त्र .अथर्व पब्लिकेशन , धुळे

B.A. III Semester V - Major-VII (Practical)- Psychological Assessment

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651213	Psychological Assessment	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. Administer standardized psychological assessment tools using appropriate procedures.
2. Score and interpret psychological test results accurately.
3. Prepare scientific psychological assessment and test reports.
4. Apply ethical principles in psychological assessment and testing.
5. Demonstrate practical skills in psychological measurement, interpretation, and report writing.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Mental health inventory 2. Neurosis Measurement Scale 3. Mansik Thakan 4. Internet Overuse Scale 5. Burnout Inventory 6. Internet Overuse Scale (Darshana Shah and Urmi Biswas) 7. Type ABC Personality Inventory 8. Academic Anxiety Scale ((Pal, Mishra and Pande) 9. Geriatric Depression Scale (Satya Gopal) 10. Psychological Well Being Scale	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B.A. III Semester V - Course Title- Major-VIII (Theory) – Counseling Psychology

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651214	Counseling Psychology	4	4	60	3 Hrs.	Total-100 External-60 Internal-40

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

1. Explain the principles, goals, and approaches of counseling.
2. Demonstrate knowledge of major counseling techniques and the counseling process.
3. Describe the role of psychometric assessment in counseling practice.
4. Analyze counseling interventions for children, adolescents, families, and other special populations.
5. Explain contemporary issues and challenges in counseling.
6. Apply ethical and professional principles in counseling practice.
- 7.

Part I: Theory (60 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Introduction to Counselling 1.1 Meaning, definitions and goals of counseling 1.2 Principles in counseling 1.3 Basic skills of effective counselor 1.4 Difference between guidance, counseling and psychotherapy 1.5 Approaches to counseling: Directive, non-directive and rational emotive approach	10	10
II	Techniques in counseling 2.1 Psychoanalytical techniques: Hypnosis, Free association and Interpretation of dreams 2.2 Behavioral techniques: Systematic desensitization, imaginal and in-vivo flooding, applications of reinforcement, shaping or successive approximation	10	10

	2.3 Non-directive techniques 2.4 Rational-emotive-behavioral techniques		
III	Counseling process 3.1 Settings for counseling 3.2 Steps in counseling process 3.3 Counseling relationship: The importance of relationship in counseling, 3.4 Components of relationship, facilitative conditions for the counseling relationship	10	10
IV	Psychometric assessment in counseling 4.1 The purpose of psychometric assessment 4.2 Intelligence and ability testing 4.3 Achievement and aptitude testing 4.4 Interest testing: 4.5 Appraisal of personality: Personality inventories, projective tests	10	10
V	Child and Adolescence Counseling 5.1 Counseling for children and adolescence 5.2 Counseling for educational problems and goal setting, 5.3 Adolescence identity crisis, counseling for internet and mobile addiction, 5.4 Counseling for suicidal ideation	10	10
VI	Current Issues in Counseling 6.1 Pre-wedding counseling, sexual dysfunction counseling, 6.2 Vocational counseling, family counseling and geriatric counseling 6.3 Ethical considerations in counseling 6.4 Professional and legal issues in counseling	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.

References

1. Barki, B. G., & Mukhopadhyay, B. (2008). *Guidance and counselling: A manual* (10th reprint). Sterling Publishers.
2. Carkhuff, R. R. (2000). *The art of helping* (8th ed.). HRD Press.
3. Corey, G. (2008). *Theory and practice of group counselling* (7th ed.). Cengage Learning.
4. Cormier, W. H., & Cormier, L. S. (1991). *Interviewing strategies for helpers: Fundamental skills and cognitive behavioural interventions* (3rd ed.). Brooks/Cole.
5. Egan, G. (2001). *The skilled helper: A problem-management approach to helping* (7th ed.). Brooks/Cole.
6. Feltham, C., & Horton, I. (Eds.). (2000). *Handbook of counselling and psychotherapy*. Sage Publications.
7. George, R. L., & Cristiani, T. S. (1981). *Theory, methods, and processes of counselling and psychotherapy*. Prentice Hall.
8. Gladding, S. T. (2018). *Counselling: A comprehensive profession* (8th ed.). Pearson.
9. Ivey, A. E., & Ivey, M. B. (2018). *Intentional interviewing and counselling: Facilitating client development in a multicultural society* (9th ed.). Cengage Learning.
10. Kottler, J. A., & Brown, R. W. (2000). *Introduction to therapeutic counselling* (4th ed.). Brooks/Cole.
11. Neukrug, E. S. (1999). *The world of the counsellor: An introduction to the counselling profession*. Brooks/Cole.
12. Palmer, S. (Ed.). (1999). *Introduction to counselling and psychotherapy: The essential guide*. Sage Publications.
13. Palmer, S. (2000). *Introduction to counselling and psychotherapy*. Sage Publications.
14. Patterson, L. E., & Welfel, E. R. (1999). *The counselling process* (5th ed.). Brooks/Cole.
15. Rao, S. N. (1981). *Counselling psychology*. Tata McGraw-Hill.
16. Robert, G. L., & Marianne, M. H. (2003). *Introduction to counselling and guidance*. Pearson Education.

17. Scharf, R. S. (2000). *Theories of psychotherapy and counselling: Concepts and cases* (2nd ed.). Brooks/Cole.
18. Sharma, R. N., & Sharma, R. (2004). *Guidance and counselling in India*. Atlantic Publishers & Distributors.
19. हिरवे, प्रा., & तडसरे, प्रा. (2011). *समुपदेशन मानसशास्त्र*. फडके प्रकाशन.
20. सपकाळे, आ., & कोरडे, व. (2017). *मार्गदर्शन आणि समुपदेशन*. प्रशांत पब्लिकेशन्स.
21. भंगाळे, श., & महाजन, स. (2015). *समुपदेशन मानसशास्त्र*. प्रशांत पब्लिकेशन्स.
22. पवार, बी. एस., & चौधरी, जी. बी. (2004). *समुपदेशन मानसशास्त्र*. प्रशांत पब्लिकेशन्स.
23. देवगांवकर, श., & देवगांवकर, एस. जी. (2011). *मन, मनोविकार आणि समुपदेशन*. श्री साईनाथ प्रकाशन.

B.A. III Semester V - Course Title- Major-IX (Theory) Elective (A) - Stress, Coping and Health- I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651215	Stress, Coping and Health- I	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. Explain the concept, types, and theories of stress.
2. Describe the physiological mechanisms involved in the stress response.
3. Interpret the role of personality factors in stress and health.
4. Explain the psycho-physiological consequences of stress.
5. Develop an understanding of the relationship between stress, health, and well-being.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Understanding Stress 1.1 Meaning and Nature of Stress 1.2 Types of stress 1.3 Stress and Illness	8	8
II	Theories of Stress 2.1 Fight and Flight Response 2.2 General Adaptation Syndrome 2.3 Cognitive Appraisal Theory 2.4 Person- Environment Fit Theory	7	7
III	Role of Physiology in Stress 3.1 Nervous System 3.2 The Brain: Its role in Stress 3.3 The Autonomic Nervous System 3.4 Endocrine System	7	7

IV	Sources of Stress		
	4.1 Daily Hassle		
	4.2 Academic Stress		
	4.3 Family and Relationship	8	8
	4.4 Occupational Stress		

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. Baum, A., Revenson, T. A., & Singer, J. E. (Eds.). (2012). *Handbook of health psychology* (2nd ed.). Psychology Press.
2. Brannon, L., & Feist, J. (2018). *Health psychology: An introduction to behavior and health* (9th ed.). Cengage Learning.
3. Friedman, H. S. (Ed.). (2011). *The Oxford handbook of health psychology*. Oxford University Press.
4. Ghosh, M. (2014). *Health psychology: Concepts in health and wellbeing*. Pearson Education India.
5. Hariharan, M. (2020). *Health psychology: Theory, practice and research*. SAGE Publications.
6. Marks, D. F., Murray, M., Estacio, E. V., & McDaid, D. (2018). *Health psychology: Theory, research and practice* (5th ed.). SAGE Publications.
7. Morrison, V., & Bennett, P. (2016). *An introduction to health psychology* (4th ed.). Pearson.
8. Ogden, J. (2019). *Health psychology: A textbook* (6th ed.). McGraw-Hill Education.
9. Sarafino, E. P. (2016). *Health psychology: Biopsychosocial interactions* (9th ed.). John Wiley & Sons.
10. Sarafino, E. P., & Smith, T. W. (2020). *Health psychology: Biopsychosocial interactions* (10th ed.). Wiley.
11. Straub, R. O. (2019). *Health psychology: A biopsychosocial approach* (6th ed.). Worth Publishers.
12. खलाणे, डॉ शशिकांत (२०२६). समृद्ध जीवनाचे मानसशास्त्र .अथर्व पब्लिकेशन , धुळे

B.A. III Semester V - Practical Major-IX (Practical): Mental Health Testing - I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.0	V	651216	Mental Health Testing -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. Administer standardized mental health assessment tools effectively.
2. Score and interpret psychological test results accurately.
3. Prepare professional psychological assessment reports.
4. Apply ethical principles in mental health testing.
5. Demonstrate practical skills in assessing mental health, personality, stress, and coping.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Mental Health Scale 2. Adjustment Inventory 3. Academic Anxiety Scale 4. Psychological Well Being Scale 5. State Trait Anxiety Inventory 6. General Anxiety Scale 7. Stress Scale 8. Dimensional Personality inventory 9. Resilience Scale 10. Coping Strategies	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B.A. III Semester V- Course Title- Major IX (Theory) Elective (B)- Social Psychology-I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651217	Social Psychology-I	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. 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 (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Introduction to Social Psychology 1.1 Definitions of Social Psychology, Nature of Social 1.2 Psychology, Scope of Social Psychology	8	8
II	Methods of Social Psychology 2.1 Experimental Method, Field Experiment, Correlational 2.2 Studies, Survey Method, Cross-Cultural Method	7	7
III	Social Cognition 3.1 Definition, Mental Short Cuts: Heuristics, 3.2 Biases & Fallacies, Emotion and Cognition 3.4 Schema and Selection, Determinates of Social Cognition: (Physical and social environment, Needs and goals, Past experiences)	7	<u>7</u>
IV	Person and Social Perception 4.1 Person Perception: Attribution, Basic Issues,		

	4.2 Types of attribution, attribution bias 4.3 Social Perception: -Non-verbal communication, 4.4 Attribution, first impression and managing impression, 4.5 Understanding the causes of behaviour, Theory of attribution – Kelly’s Theory& Curt Lewin’s theory	8	8
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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. Aronson, E., Wilson, T. D., Akert, R. M., Sommers, S. R., & Nagoshi, C. T. (2022). *Social psychology* (11th ed.). Pearson.
2. Baumeister, R. F., & Bushman, B. J. (2020). *Social psychology and human nature* (5th ed.). Cengage Learning.
3. Baron, R. A. (2011). *Samajik manovigyan* (9th ed.). Pearson.
4. Baron, R. A., & Byrne, D. (1998). *Social psychology*. Prentice Hall.
5. Baron, R. A., & Byrne, D. (2003). *Social psychology* (10th ed.). Prentice Hall.
6. Baron, R. A., Byrne, D., & Bhardwaj, G. (2010). *Social psychology* (12th ed.). Pearson.
7. Feldman, R. S. (1998). *Social psychology*. McGraw-Hill.
8. Hewstone, M., Stroebe, W., & Jonas, K. (2021). *An introduction to social psychology* (7th ed.). Wiley.
9. Misra, G. (1990). *Applied social psychology*. Sage.
10. Misra, G. (2009). *Psychology in India: Volume 4: Theoretical and methodological implications*. Pearson.
11. Mohanty, N., Varadwaj, K., & Mishra, H. C. (2014). *Explorations of human nature and strength: Practicals in psychology*. Divya Prakashani.
12. Myers, D. G. (1998). *Social psychology*. McGraw-Hill.
13. Myers, D. G., & Twenge, J. M. (2019). *Social psychology* (13th ed.). McGraw-Hill Education.
14. Tripathi, L. B. (1992). *Outline of social psychology*. Motilal Banarsidass.

B.A. III Semester V - Course Title- Major IX (Practical) Elective (B) – Testing of Social Behavior – I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651218	Testing of Social Behavior -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. Administer standardized tests of social behavior using appropriate procedures.
2. Score and interpret social behavior assessment results accurately.
3. Prepare scientific reports based on social behavior assessments.
4. Apply ethical principles in psychological testing and assessment.
5. Demonstrate practical skills in assessing social intelligence, perception, cognition, and personality.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Social Intelligence Scale 2. Social Cognition Test 3. Social Identity Scale 4. Social Perception scale 5. Conformity Test 6. Sociometry test 7. Person Perception 8. Social Maturity Scale 9. Expt. On Social Cognition 10. Dimensional Personality inventory	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal

External – 25 Marks

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B.A. III Semester V - Course Title- Minor-V- (Theory) Behavioral and Communication Skills in Counseling - I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651255	Behavioral and Communication Skills in Counseling - I	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. Explain the fundamentals of counseling behavior.
2. Demonstrate self-awareness and emotional regulation in counseling.
3. Apply effective verbal and non-verbal communication skills.
4. Identify barriers to effective counseling communication.
5. Demonstrate empathy and active listening in counseling interactions.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Introduction to Counseling Behavior 1.1 Definition and Importance of Behavior in Counseling. 1.2 Factors Affecting Behavior in Counseling Sessions. 1.3 Understanding Client and Counsellor Behavior	8	8
II	Self-Awareness and Emotional Regulation 2.1 Importance of Self-Awareness in Counseling 2.2 Identifying and Managing Personal Biases 2.3 Techniques for Self-Reflection and Growth	7	7
III	Basic Communication Skills in Counseling 3.1 Definition and Importance of Communication in Counseling 3.2 Verbal and Non-Verbal Communication Skills 3.3 Common Barriers to Communication	7	7
IV	Empathy and Active Listening 4.1 Understanding Empathy in Counselling		

	4.2 Difference Between Empathy and Sympathy	8	8
	4.3 Components of Active Listening		

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. Barki, B. G., & Mukhopadhyay, B. (2008). *Guidance and counselling: A manual* (10th reprint). Sterling Publishers.
2. Carkhuff, R. R. (2000). *The art of helping* (8th ed.). HRD Press.
3. Corey, G. (2008). *Theory and practice of group counselling* (7th ed.). Cengage Learning.
4. Cormier, W. H., & Cormier, L. S. (1991). *Interviewing strategies for helpers: Fundamental skills and cognitive behavioural interventions* (3rd ed.). Brooks/Cole.
5. Egan, G. (2001). *The skilled helper: A problem-management approach to helping* (7th ed.). Brooks/Cole.
6. Feltham, C., & Horton, I. (Eds.). (2000). *Handbook of counselling and psychotherapy*. Sage Publications.
7. George, R. L., & Cristiani, T. S. (1981). *Theory, methods, and processes of counselling and psychotherapy*. Prentice Hall.
8. Gladding, S. T. (2018). *Counselling: A comprehensive profession* (8th ed.). Pearson.
9. Ivey, A. E., & Ivey, M. B. (2018). *Intentional interviewing and counselling: Facilitating client development in a multicultural society* (9th ed.). Cengage Learning.
10. Kottler, J. A., & Brown, R. W. (2000). *Introduction to therapeutic counselling* (4th ed.). Brooks/Cole.
11. Neukrug, E. S. (1999). *The world of the counsellor: An introduction to the counselling profession*. Brooks/Cole.
12. Palmer, S. (Ed.). (1999). *Introduction to counselling and psychotherapy: The essential guide*. Sage Publications.
13. Palmer, S. (2000). *Introduction to counselling and psychotherapy*. Sage Publications.
14. Patterson, L. E., & Welfel, E. R. (1999). *The counselling process* (5th ed.). Brooks/Cole.
15. Rao, S. N. (1981). *Counselling psychology*. Tata McGraw-Hill.

16. Robert, G. L., & Marianne, M. H. (2003). *Introduction to counselling and guidance*. Pearson Education.
17. Scharf, R. S. (2000). *Theories of psychotherapy and counselling: Concepts and cases* (2nd ed.). Brooks/Cole.
18. Sharma, R. N., & Sharma, R. (2004). *Guidance and counselling in India*. Atlantic Publishers & Distributors.
19. हिरवे, प्रा., & तडसरे, प्रा. (2011). *समुपदेशन मानसशास्त्र*. फडके प्रकाशन.
20. सपकाळे, आ., & कोरडे, व. (2017). *मार्गदर्शन आणि समुपदेशन*. प्रशांत पब्लिकेशन्स.
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22. पवार, बी. एस., & चौधरी, जी. बी. (2004). *समुपदेशन मानसशास्त्र*. प्रशांत पब्लिकेशन्स.
23. देवगांवकर, श., & देवगांवकर, एस. जी. (2011). *मन, मनोविकार आणि समुपदेशन*. श्री साईनाथ प्रकाशन.

B.A. III Semester V - Minor-V (Practical): Behavioral Assessment -I

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651256	Behavioral Assessment -I	2	4	60	3 Hrs.	Total-50 External-25 Internal-25

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

1. Administer standardized behavioral assessment tools effectively.
2. Score and interpret behavioral assessment results accurately.
3. Prepare scientific psychological assessment reports.
4. Apply ethical principles in behavioral assessment.
5. Demonstrate practical skills in assessing behavior, personality, adjustment, stress, and mental health.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Battery for Career Counseling 2. Burnout Inventory 3. Type A B Behavioral Pattern Scale (TABBPS) 4. Internet Overuse Scale (Darshana Shah and Urmi Biswas) 5. Type ABC Personality Inventory 6. Adjustment Inventory 7. Academic Anxiety Scale 8. Stress Scale 9. Self-Motivation Scale 10. Mental Health Scale	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B. A. III Semester-V (NEP) Major VSEC-IV Psychology

Course Title- Career Readiness and Entrepreneurship in Psychology

Level	Semester	Course Code	Course Name	Credit	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651274	Career Readiness and Entrepreneurship in Psychology	2	4	60	2 Hrs.	Total-50 College Level Exam 30 +Int.-20

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

1. Explain career opportunities in psychology.
2. Identify the skills required for different careers in psychology.
3. Develop basic employability and professional skills.
4. Prepare a resume and perform in a basic job interview.
5. Explain the concept of entrepreneurship in psychology.
6. Identify simple self-employment opportunities in the field of psychology

Part I: Practical Learning (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Career Opportunities in Psychology 1.1 Introduction to careers in psychology 1.2 Clinical psychology 1.3 Counselling psychology 1.4 Educational and Industrial psychology	8	8
II	Career Readiness Skills 2.1 Resume/Bio-data writing 2.2 Interview skills 2.3 Communication skills 2.4 Professional behaviour	7	7

III	Entrepreneurship in Psychology 3.1 Meaning of entrepreneurship 3.2 Self-employment opportunities in psychology 3.3 Private counselling practice 3.4 Mental health awareness programmes	7	7
IV	Professional Development 4.1 Goal setting 4.2 Time management 4.3 Teamwork 4.4 Ethics in professional practice	8	8

Part II: Internal Assessment (20 Marks)

Any One of the Following:

1. Prepare a Resume/Bio-data for a psychology-related job.
2. Participate in a Mock Interview.
3. Prepare a Career Plan in Psychology.
4. Develop a simple business idea for a psychology-related service (e.g., counseling center, wellness workshop, study skills program).
5. Prepare and present a poster on career opportunities in psychology.

Reference

1. Barki, B. G., & Mukhopadhyay, B. (2008). *Guidance and counselling: A manual* (10th reprint). Sterling Publishers.
2. Carkhuff, R. R. (2000). *The art of helping* (8th ed.). HRD Press.
3. Corey, G. (2008). *Theory and practice of group counselling* (7th ed.). Cengage Learning.
4. Cormier, W. H., & Cormier, L. S. (1991). *Interviewing strategies for helpers: Fundamental skills and cognitive behavioural interventions* (3rd ed.). Brooks/Cole.
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13. Palmer, S. (2000). *Introduction to counselling and psychotherapy*. Sage Publications.
14. Patterson, L. E., & Welfel, E. R. (1999). *The counselling process* (5th ed.). Brooks/Cole.
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16. Robert, G. L., & Marianne, M. H. (2003). *Introduction to counselling and guidance*. Pearson Education.
17. Scharf, R. S. (2000). *Theories of psychotherapy and counselling: Concepts and cases* (2nd ed.). Brooks/Cole.
18. Sharma, R. N., & Sharma, R. (2004). *Guidance and counselling in India*. Atlantic Publishers & Distributors.
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B. A. III Semester-V (NEP) : Field Project in Psychology Phase III - Psychology

Course Title- Field Project in Psychology - Phase III

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Marks (Int.)
5.0	V	651288	Field Project in Psychology- Phase III	2	04	04	Total- 50 (Internal)

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

1. Examine psychosocial issues across different populations.
2. Administer basic psychometric tests for psychological assessment.
3. Analyze mental health concerns using field-based observations.
4. Prepare scientific field visit and assessment reports.
5. Develop sensitivity toward mental health and well-being across the lifespan.

Submission of the Report on any One

Sr. No.	Content
1	To visit old age home and to study the problems of aged people.
2	To administer appropriate Psychometric Tests to study Mobile and Internet Addiction in Younger Population
3	To study Mental Health problems faced by Working Women.

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. III Semester - VI

Course Title- Major-X (Theory) - Psychological Testing

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	VI	651219	Psychological Testing	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. Explain the fundamentals and applications of psychological testing.
2. Differentiate between psychological testing and assessment.
3. Describe the principles of test construction and item analysis.
4. Explain the concepts and types of reliability and validity.
5. Interpret the role of norms and ethical practices in psychological testing.

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	1.1 Meaning and Definition of Testing in Psychology and Education 1.2 Brief History of psychological Testing. 1.3 Types of Psychological Tests. 1.4 Criteria of good test. 1.5 Uses of Psychological Tests.	8	8
	2.1 Difference between Testing and Assessment. 2.2 Ethical issues in Psychological Testing	7	7

II	2.3 Meaning and types of test items 2.4 General guidelines for item writing 2.5 Meaning and purpose of Item analysis		
III	3.1 Meaning and Definition of Reliability, 3.2 Methods or Types of Reliability, (Test- Re-test, Internal Consistency, Parallel Form, Scorer reliability,) 3.3 Satisfactory size of Reliability Coefficient	7	7
IV	4.1 Meaning and Definition of Validity, 4.2 Types of validity (Content Validity, Criterion related Validity Construct Validity) 4.3 Relation of Validity to Reliability, 4.4 Meaning and Definition of Norms, Types of Norms	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. Anastasi, A., & Urbina, S. (2003). *Psychological testing* (7th ed.). Prentice Hall of India.
2. Gregory, R. J. (2014). *Psychological testing: History, principles, and applications* (7th ed.). Pearson.
3. Mohanty, B., & Misra, S. (2015). *Statistics for behavioural and social sciences*. Sage Publications.
4. Murphy, K. R., & Davidshofer, C. O. (2019). *Psychological testing: Principles and applications* (6th ed.). Pearson.
5. Singh, A. K. (2022). *Tests, measurements and research methods in behavioural sciences*. Bharati Bhawan Publishers.

B.A. III Semester VI - Course Title- Major-X (Practical) - Clinical Assessment

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	VI	651220	Clinical Assessment	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. Administer standardized clinical psychological assessment tools.
2. Score and interpret clinical assessment results accurately.
3. Prepare professional case reports based on assessment findings.
4. Apply ethical principles in clinical psychological assessment.
5. Demonstrate practical skills in clinical testing and case evaluation.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Clinical Analysis Questionnaire (Kapoor and Singh) 2. State and Trait Anxiety Scale (Roma Pal and Govind Tiwari) 3. Medico Psychological Questionnaire (J. Bharat Raj) 4. PGI Hope Scale (Sharma, Jindal, Behera and Verma) 5. Comprehensive Neuro-Psychological Battery (Surya Gupta) 6. Kundu Neurotic Personality Inventory (R.N. Kundu) 7. Case Study Test (L.N.Dubey) 8. Pathological Internet Use Scale (Madhu Asthana) 9. IPAT Anxiety Test 10. Quality of Life	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B.A. III Semester VI - Course Title- Major-XI (Theory) – Fundamentals and Techniques of Psychotherapies

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.5	VI	651221	Fundamentals and Techniques of Psychotherapies	4	4	60	3 Hrs.	Total-100 External-60 Internal-40

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

1. Understand the basic principles and theoretical foundations of behavioral psychotherapy.
2. Explain major learning theories of Pavlov, Skinner, and Bandura and their applications in psychotherapy.
3. Describe various behavioral psychotherapy techniques such as systematic desensitization, flooding, aversion therapy, and token economy.
4. Understand the concepts and applications of cognitive therapies including REBT, Transactional Analysis, and Social-Cognitive Therapy.
5. Explain contemporary approaches to psychotherapy such as yoga, meditation, mindfulness, and Zen therapy.

Part I: Theory (60 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Introduction to Psychotherapy: 1.1 Definitions and objectives of psychotherapy. 1.2 Therapeutic process, Therapeutic skills, Effectiveness of psychotherapy. 1.3 Ethical Issues in Psychotherapy.	10	10
II	Variables affecting psychotherapy- 2.1 Client variables, therapist variables, social and environmental variables, placebo effect 2.2 Psychotherapeutic devices- catharsis, suggestions,	10	10

	persuasion, reeducation, distributive analysis and synthesis.		
III	Psychotherapy 3.1 Psychodynamic therapy: Freud's Psychoanalytic Therapy, Adlerian Psychotherapy. 3.2 Humanistic Therapies: Client Centered Therapy, Existential Therapy	10	10
IV	Behavioral psychotherapy 4.1 Experimental background of Behavioral Psychotherapy: Ivan Pavlov-Classical Conditioning, B.F. Skinner-Operant Conditioning 4.2 Reinforcement theory, Bandura's Social Learning Theory.	10	10
V	Techniques of Behavioral Psychotherapy: 5.1 Systematic Desensitization, 5.2 Imaginal Flooding Therapy, 5.3 Implosive Therapy, 5.4 Aversion Therapy, 5.5 Assertive Training, 5.6 Biofeedback Training and Token Economy.	10	10
VI	Cognitive Aspects of Psychotherapy: 6.1 Rational Emotive Behavior Therapy, 6.2 Transactional Analysis, 6.3 Bandura's Social-cognitive therapy. 6.4 Contemporary trends in Psychotherapy: Yoga and Meditation 6.5 Mindfulness and Zen Therapy.	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.

References:

1. American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.; DSM-5-TR). American Psychiatric Association Publishing.
2. Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.
3. Corsini, R. J., & Wedding, D. (Eds.). (2019). *Current psychotherapies* (11th ed.). Cengage Learning.
4. Ellis, A., & Dryden, W. (2007). *The practice of rational emotive behavior therapy* (2nd ed.). Springer.
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6. Freud, S. (1964). *The ego and the id* (J. Strachey, Trans.). W. W. Norton & Company. (Original work published 1923)
7. Gladding, S. T. (2021). *Counseling: A comprehensive profession* (9th ed.). Pearson.
8. Hergenhahn, B. R., & Henley, T. B. (2014). *An introduction to the history of psychology* (7th ed.). Cengage Learning.
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12. Skinner, B. F. (1953). *Science and human behavior*. Macmillan.
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14. Kabat-Zinn, J. (2013). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness* (Revised ed.). Bantam Books.
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B.A. III Semester VI - Course Title- Major XII (Theory) Elective (A) - Stress, Coping and Health II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.5	VI	651222	Stress, Coping and Health II	2	2	30	2 Hrs.	Total-50 External-30 Internal-20

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

1. To understand the meaning and sources of stress
2. To identify the biological bases of stress
3. To acquaint the relationship between stress and personality
4. To control and manage the consequences of stress

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Personality, Health and Stress 1.1 Type A Personality: Health and Stress 1.2 Type B Personality: Health and Stress 1.3 Type C Personality: Health and Stress	8	8
II	Psycho- Physiological Consequences of Stress 2.1 Stress and Cardiovascular Disorders 2.2 Stress and Allergies 2.3 Stress and Digestive System 2.4 Stress and Ageing	7	7
III	Coping with Stress 3.1 Nature and Meaning of Coping 3.2 Coping Styles: Locus of Control 3.3 Coping Strategies	7	7
IV	Health Promotion 4.1 Meaning and Nature of Health Promotion		

	4.2 Dissemination of information 4.3 Social Engineering 4.4 Prevention Awareness: Primary, Secondary, Tertiary 4.5 Nutrition and Exercise awareness	8	8
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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. Baum, A., Revenson, T. A., & Singer, J. E. (Eds.). (2012). *Handbook of health psychology* (2nd ed.). Psychology Press.
2. Brannon, L., & Feist, J. (2018). *Health psychology: An introduction to behavior and health* (9th ed.). Cengage Learning.
3. Friedman, H. S. (Ed.). (2011). *The Oxford handbook of health psychology*. Oxford University Press.
4. Ghosh, M. (2014). *Health psychology: Concepts in health and wellbeing*. Pearson Education India.
5. Hariharan, M. (2020). *Health psychology: Theory, practice and research*. SAGE Publications.
6. Marks, D. F., Murray, M., Estacio, E. V., & McDaid, D. (2018). *Health psychology: Theory, research and practice* (5th ed.). SAGE Publications.
7. Morrison, V., & Bennett, P. (2016). *An introduction to health psychology* (4th ed.). Pearson.
8. Ogden, J. (2019). *Health psychology: A textbook* (6th ed.). McGraw-Hill Education.
9. Sarafino, E. P. (2016). *Health psychology: Biopsychosocial interactions* (9th ed.). John Wiley & Sons.
10. Sarafino, E. P., & Smith, T. W. (2020). *Health psychology: Biopsychosocial interactions* (10th ed.). Wiley.
11. Straub, R. O. (2019). *Health psychology: A biopsychosocial approach* (6th ed.). Worth Publishers.
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B.A. III Semester VI Major XII (Practical)- Elective (A)- Mental Health Testing -II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	VI	651223	Mental Health Testing -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. Administer standardized mental health and well-being assessment tools.
2. Score and interpret mental health test results accurately.
3. Prepare professional psychological assessment reports.
4. Apply ethical principles in mental health testing.
5. Demonstrate practical skills in assessing psychological well-being and quality of life.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Psychological Well Being Scale 2. General Wellbeing Scale 3. Life Satisfaction Scale 4. Well-Being Index 5. Happiness Scale 6. Mental Health Scale 7. Farmers Well Being Scale 8. Quality of Life 9. PGI Hope Scale 10. Clinical Analysis Questionnaire (Kapoor and Singh)	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

**B.A. III Semester VI Course Title- Major XII (Theory) Elective (B) -Social Psychology
II**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	VI	651224	Social Psychology II	2	2	30	2 Hrs.	Total-50 External-30 Internal-20

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

1. Understand the concepts of attitudes, attitude change, stereotypes, prejudice, and discrimination.
2. Explain the nature, types, functions, and formation of groups and the role of leadership in social settings.
3. Understand the factors influencing interpersonal attraction and close relationships such as friendship, love, and family relationships.
4. Describe the nature, motives, and determinants of prosocial behavior and the bystander effect.
5. Explain the causes of aggression and identify methods for its control and prevention.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Attitudes and Attitudes Change 1.1 Attitudes: Definition and Nature, Dimensions of Attitude, factors affecting attitude Change in Attitudes 1.2 Persuasion and cognitive dissonance Components of Group Antagonism: Stereotype. 1.3 Prejudice and Discrimination.	8	8
II	Group Behaviour and Leadership 2.1 Definition of Group, Nature of Group, 2.2 Type of Group, Function of Group, Group formation	7	7

	2.3 Leadership: Definition, Type, Function		
III	Interpersonal Attraction & Close Relationship 3.1 Interpersonal Attraction: Definition, Determinates of Interpersonal Attraction 3.3 Close Relationship: Family, Friendship, 3.4 Love and Intimate relationship, liking Vs Love emotion	7	7
IV	Prosocial Behaviour and Aggression 4.6 Prosocial Behaviour: Definition and Nature, 4.7 Motives for Prosocial Behaviour, Bystander Effect, Determinants of prosocial behaviour: 4.8 Aggression- Definition of aggression, Factors affecting aggression, Controlling and prevention of aggression	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. Aronson, E., Wilson, T. D., Akert, R. M., Sommers, S. R., & Nagoshi, C. T. (2022). *Social psychology* (11th ed.). Pearson.
2. Baumeister, R. F., & Bushman, B. J. (2020). *Social psychology and human nature* (5th ed.). Cengage Learning.
3. Baron, R. A. (2011). *Samajik manovigyan* (9th ed.). Pearson.
4. Baron, R. A., & Byrne, D. (1998). *Social psychology*. Prentice Hall.
5. Baron, R. A., & Byrne, D. (2003). *Social psychology* (10th ed.). Prentice Hall.
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7. Feldman, R. S. (1998). *Social psychology*. McGraw-Hill.
8. Hewstone, M., Stroebe, W., & Jonas, K. (2021). *An introduction to social psychology* (7th ed.). Wiley.
9. Misra, G. (1990). *Applied social psychology*. Sage.
10. Misra, G. (2009). *Psychology in India: Volume 4: Theoretical and methodological implications*. Pearson.
11. Mohanty, N., Varadwaj, K., & Mishra, H. C. (2014). *Explorations of human nature and strength: Practicals in psychology*. Divya Prakashani.
12. Myers, D. G. (1998). *Social psychology*. McGraw-Hill.
13. Myers, D. G., & Twenge, J. M. (2019). *Social psychology* (13th ed.). McGraw-Hill Education.
14. Tripathi, L. B. (1992). *Outline of social psychology*. Motilal Banarsidass.

B.A. III Semester VI - Major-XII (Practical) Elective (B) Testing of Social Behavior -II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	VI	651225	Testing of Social Behavior -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. Administer standardized tests of social behavior using appropriate procedures.
2. Score and interpret social behavior assessment results accurately.
3. Prepare scientific psychological assessment reports.
4. Apply ethical principles in social psychological assessment.
5. Demonstrate practical skills in assessing attitudes, prejudice, aggression, interpersonal relations, and social behavior.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Attitude Scale 2. Social Distance Scale 3. Prejudice Scale 4. Self-Discloser Scale 5. Aggression scale 6. Interpersonal Attraction scale 7. Social Intelligence Scale 8. A Battery of Test Measuring Social Change 9. Socio Economic Status Scale 10. Co-Operation & Competition Test	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B.A. III Semester VI - Course Title- Minor VI (Theory) : Behavioral and Communication Skills in Counseling II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext+Int)
5.5	VI	651257	Behavioral and Communication Skills in Counseling 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. Apply advanced communication techniques in counseling.
2. Demonstrate assertive communication and conflict resolution skills.
3. Interpret verbal and non-verbal communication effectively.
4. Prepare professional counseling documentation and case notes.
5. Apply ethical communication practices in digital and online counseling.

Part I: Theory (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
Unit I	Advanced Communication Techniques in Counseling 1.1 Open-Ended and Close-Ended Questions 1.2 Probing and Clarification Techniques 1.3 Paraphrasing and Summarizing	8	8
Unit II	Assertiveness and Conflict Resolution in Counseling 2.1 Understanding Assertive Communication 2.2 Techniques for Conflict Resolution in Counseling Managing Difficult Clients	7	7
Unit III	Non-Verbal Communication in Counseling 3.1 Importance of Body Language in Counseling. 3.2 Understanding Facial Expressions and Gestures 3.3 Misinterpretations in Non-Verbal Communication	7	7

Unit IV	Written and Digital Communication in Counseling 4.1 Importance of Case Notes and 4.2 Documentation 4.3 Effective Email and Text Communication with Clients 4.4 Online Counseling and Its Challenges	8	8
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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. Barki, B. G., & Mukhopadhyay, B. (2008). *Guidance and counselling: A manual* (10th reprint). Sterling Publishers.
2. Carkhuff, R. R. (2000). *The art of helping* (8th ed.). HRD Press.
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5. Egan, G. (2001). *The skilled helper: A problem-management approach to helping* (7th ed.). Brooks/Cole.
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8. Gladding, S. T. (2018). *Counselling: A comprehensive profession* (8th ed.). Pearson.
9. Ivey, A. E., & Ivey, M. B. (2018). *Intentional interviewing and counselling: Facilitating client development in a multicultural society* (9th ed.). Cengage Learning.
10. Kottler, J. A., & Brown, R. W. (2000). *Introduction to therapeutic counselling* (4th ed.). Brooks/Cole.
11. Neukrug, E. S. (1999). *The world of the counsellor: An introduction to the counselling profession*. Brooks/Cole.

12. Palmer, S. (Ed.). (1999). *Introduction to counselling and psychotherapy: The essential guide*. Sage Publications.
13. Palmer, S. (2000). *Introduction to counselling and psychotherapy*. Sage Publications.
14. Patterson, L. E., & Welfel, E. R. (1999). *The counselling process* (5th ed.). Brooks/Cole.
15. Rao, S. N. (1981). *Counselling psychology*. Tata McGraw-Hill.
16. Robert, G. L., & Marianne, M. H. (2003). *Introduction to counselling and guidance*. Pearson Education.
17. Scharf, R. S. (2000). *Theories of psychotherapy and counselling: Concepts and cases* (2nd ed.). Brooks/Cole.
18. Sharma, R. N., & Sharma, R. (2004). *Guidance and counselling in India*. Atlantic Publishers & Distributors.
19. हिरवे, प्रा., & तडसरे, प्रा. (2011). *समुपदेशन मानसशास्त्र*. फडके प्रकाशन.
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21. भंगाळे, श., & महाजन, स. (2015). *समुपदेशन मानसशास्त्र*. प्रशांत पब्लिकेशन्स.
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B.A. III Semester VI - Minor VI (Practical) - Behavioral Assessment -II

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	VI	651258	Behavioral Assessment -II	2	4	60	3 Hrs.	Total-50 External-25 Internal-25

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

1. Administer standardized personality and mental health assessment tools.
2. Score and interpret psychological test results accurately.
3. Prepare scientific psychological assessment reports.
4. Apply ethical principles in psychological testing and assessment.
5. Demonstrate practical skills in assessing personality, motivation, well-being, stress, and mental health.

Contents	Workload Allotted	Weightage of Marks Allotted
Any Six of the following 1. Dimensional Personality Inventory 2. Self Esteem Scale 3. Family Climate Scale 4. PGI Hope Scale 5. Happiness Scale 6. Mental Health Scale 7. Stress scale 8. Well-Being Index 9. Achievement Motivation Scale 10. Self-Motivation Scale	4 Lectures Per Week	Total-50 External-25 Internal-25 For Any One Practical

Marks Distribution for External & Internal**External – 25 Marks**

Conduct the Test – 10 Marks

Viva voce – 15 Marks

Internal – 25 Marks

Report writing – 15 Marks

Practical Book – 10 Marks

B. A. III Semester-VI (NEP) Major VSEC - V - Psychology**Course Title- Professional and Digital Skills in Psychology**

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext + Int)
5.5	V	651275	Professional and Digital Skills in Psychology	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 basic professional skills required in psychology.
2. Demonstrate effective communication and teamwork in professional settings.
3. Prepare simple psychological records and professional documents.
4. Use basic digital tools for academic and professional work.
5. Understand ethical practices and digital responsibility in psychology.
6. Develop readiness for higher education and employment

Part I: Practical Learning (30 Marks)

Unit	Content	Workload Allotted	Weightage of Marks Allotted
I	Professional Skills in Psychology 1.1 Meaning of professional skills 1.2 Professional communication 1.3 Teamwork and interpersonal skills 1.4 Positive attitude and workplace behaviour	8	8
II	Basic Documentation and Digital Communication 2.1 Note taking and report writing 2.2 Record keeping 2.3 Professional email writing 2.4 Online communication etiquette	7	7
III	Digital Skills for Psychology Students 3.1 Use of Excel sheet for pictorial presentation of data 3.2 Use of Excel sheet to compute Mean, Median and Mode	7	7

	3.3 Use of Excel to Compute Correlation and T test 3.4 Online meeting platforms (Google Meet /Zoom)		
IV	Professional Ethics and Career Development 4.1 Ethics and confidentiality 4.2 Responsible use of digital technology 4.3 Goal setting and self-development 4.4 Preparing for higher education and employment	8	8

Part II: Internal Assessment (20 Marks)

Any One of the Following:

1. Prepare a professional report on a psychology-related topic.
2. Design a PowerPoint presentation on a mental health topic.
3. Create a Google Form for a simple psychological survey.
4. Write a professional email for an internship or job application.
5. Prepare a personal professional development plan.

References

1. Gladding, S. T. (2021). *Counseling: A comprehensive profession* (9th ed.). Pearson.
2. Corey, G. (2021). *Theory and practice of counseling and psychotherapy* (10th ed.). Cengage Learning.
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4. American Psychological Association. (2020). *Publication manual of the American Psychological Association* (7th ed.). American Psychological Association.
5. Rao, S. N. (2018). *Counselling and guidance* (3rd ed.). Tata McGraw-Hill.
6. Khanka, S. S. (2022). *Entrepreneurial development*. S. Chand Publishing.

B. A. III Semester-VI (NEP) OJT- Internship / Apprenticeship - Psychology

Level	Semester	Course Code	Course Name	Credits	Teaching Hours (Per week)	Teaching Hours (Total)	Exam. Duration	Marks (Ext +Int)
5.5	VI	651291	OJT- Internship / Apprenticeship	4	8	120	-	-

Internship / Apprenticeship in Psychology (Practical – 120 Hours)

Students shall complete **120 hours of supervised internship** in **Any One** of the following settings:

- Special School
- Rehabilitation Centre
- De-addiction Centre
- Mental Health Hospital

Internship Activities

- Orientation to the institution.
- Observation of counselling and rehabilitation services.
- Assisting professionals in day-to-day psychological activities.
- Participation in counselling, awareness, and group activities.
- Observation of client behaviour and case records.
- Maintenance of a daily log book and field diary.
- Preparation and submission of the internship report.

Submission

At the end of the internship, each student shall submit:

- Internship Report
- Daily Log Book/ Field Diary
- Case Observation/Activity Report (as prescribed by the department)
- Certificate of Completion from the host institution.