

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY**  
**Chhatrapati Sambhajinagar.**



NAAC- 'A' Grade

**CIRCULAR /SU/ AEDP / Sci & Tech./ Comm.& Mang. / Humani. /06/2025**

It is hereby inform to all concerned that, on the recommendation of the Board of Dean's,, **the Academic Council at its meeting held on 21 July, 2025 has been accepted the following Subject wise Syllabi under "Apprenticeship Embedded Degree Programme (AEDP)" run at colleges level.**

at colleges level.				
Sr.No.	Name of the Courses's	Faculty	College Name	Semester
1	B.Sc.Industrial Chemistry (AEDP)	Science & Technology	Maulana Azad College of Arts, Science & Commerce Chhatrapati Sambhajinagar	I & II
2	B.A. Psychology (AEDP)	Humanities		
3	B.Sc.Medical Laboratory Technology (AEDP)	Science & Technology	Deogiri College (Autonomous) Chhatrapati Sambhajinagar	
4	B.Com in Banking, Financial Services and Insurance (AEDP)	Commerce & Management		

**This is effective from the Academic Year 2025-26 and Onwards as per appended herewith.**

All concerned are requested to note the contents of this circular and bring notice to the students, teachers and staff for their information and necessary action.

University Campus,  
Chhatrapati Sambhajinagar  
-431 004.

REF.NO. SU/2025-26 1397-1400

Date:- 30 /07 / 2025.

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**Deputy Registrar,  
Syllabus Section**

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**Copy forwarded for Information and necessary action:-**

- 1] The Principal, Maulana Azad College of Arts, Science & Commerce Dr. Rafiq Zakaria Campus, Chhatrapati Sambhajinagar.
- 2] The, Principal, Deogiri College (Autonomous), railway station road Chhatrapati Sambhajinagar.
- 3] The Director, Board of Examination & Evaluation,
- 4] The Director, University Network & Information Centre, UNIC, with a **request to upload this Circular on University Website.**

Dr.Babasaheb Ambedkar Marathwada University Chhatrapati Sambhajinagar.

**Maulana Azad College of Arts, Science & Commerce**  
**Dr. Rafiq Zakaria Campus, Rauza Baugh, Chhatrapati Sambhajinagar.**

**Submitted for approval**  
**to**

**Dr. BABASAHEB AMBEDKAR MARATHWADA**  
**UNIVERSITY, CHH.SAMBHAJINAGAR**



**Faculty of Humanities**

**Bachelor of Arts (Psychology)**

**3 year Apprenticeship Embedded Degree Program**

**Based on NEP 2020 and AEDP 2025**

**Curriculum Structure**

**2025-26**



## Preface

The B.A. (Hons) Psychology Apprenticeship Embedded Degree Program represents a progressive and dynamic approach to psychological education, integrating academic theory with real-world practice. Designed to meet the evolving needs of both students and the professional landscape, this program offers a unique opportunity to earn a full undergraduate degree while gaining hands-on experience through a structured apprenticeship.

In an era where psychological understanding is vital across sectors—from healthcare and education to business and community services—this program equips learners with the knowledge, skills, and competencies needed to make a meaningful impact. Through close collaboration between academic institutions and industry partners, apprentices are immersed in applied settings, allowing them to contextualize psychological theories, develop professional judgment, and contribute to the workforce from the very start of their studies.

This program not only supports individual career development but also responds to the broader demand for skilled psychology professionals who are both academically grounded and practically experienced. As such, it reflects our commitment to inclusive, work-integrated learning that prepares students for diverse pathways in psychological practice, research, and beyond.

We are proud to offer this innovative route into the discipline of psychology and look forward to supporting our students as they grow into reflective, ethical, and impactful practitioners.

## Programme Educational Objectives (PEOs)

The B.A. (Hons) Psychology Apprenticeship Embedded Degree Program is designed to develop graduates who are academically competent, ethically grounded, and professionally prepared to contribute meaningfully to the field of psychology and related sectors. The program integrates academic study with practical workplace experience, ensuring that students gain both theoretical knowledge and applied skills throughout their learning journey. This apprenticeship-embedded program embodies the transformative approach to higher education—bridging theory and practice, empowering learners, and preparing graduates for a rapidly changing world.

Graduates of this program will be equipped to:

1. Develop a robust understanding of core psychological concepts, theories, and scientific methods, enabling them to analyze human behaviour and mental processes in diverse socio-cultural contexts.
2. Integrate academic learning with professional apprenticeship experiences, fostering employability, practical problem-solving, and workplace readiness—key aims is to focus on vocational and experiential learning.
3. Cultivate critical thinking, creativity, and communication skills, emphasis on 21st-century skills and multidisciplinary learning.
4. Promote ethical values, social responsibility, and emotional intelligence, essential for psychological practice and for building inclusive, compassionate communities, as envisioned by the holistic development goals.

5. Engage in lifelong learning and continuous professional development, supporting the NEP's vision of flexibility and multiple entry-exit points for varied learning pathways.
6. Contribute meaningfully to nation-building efforts through applied psychology in education, mental health, social justice, and organizational development, preparing citizens who are socially aware and globally competent.

## **Programme Outcomes (POs)**

B.A. (Hons) Psychology Apprenticeship Embedded Degree Program

Upon successful completion of the program, graduates will be able to:

### **PO1. Disciplinary Knowledge**

Demonstrate a comprehensive understanding of foundational and applied psychological concepts, theories, and research methods relevant to diverse human experiences and behaviors.

### **PO2. Application of Knowledge**

Apply psychological principles and evidence-based practices in real-world professional settings, developed through structured apprenticeship experiences and workplace engagement.

### **PO3. Critical Thinking and Problem Solving**

Analyze complex psychological problems, integrate multiple perspectives, and develop reasoned solutions, fostering independent and reflective thinking as promoted by NEP 2020.

### **PO4. Effective Communication**

Convey psychological concepts, research findings, and interventions clearly and professionally to varied audiences through written, oral, and digital formats.

### **PO5. Ethical and Professional Conduct**

Adhere to ethical standards in psychological practice, including confidentiality, informed consent, cultural sensitivity, and respect for human rights and dignity.

### **PO6. Lifelong Learning and Adaptability**

Engage in continuous learning and adapt to changing personal, professional, and societal needs, emphasis on flexibility and upskilling.

### **PO7. Social and Community Engagement**

Apply psychological knowledge to address community needs, promote mental health awareness, and support inclusive development, contributing to nation-building and social justice.



## **Program-Specific Outcomes (PSOs)**

B.A. (Hons) Psychology Apprenticeship Embedded Degree Program

Upon completion of the program, graduates will be able to:

### **PSO 1: Applied Psychological Practice**

Apply psychological theories, frameworks, and interventions in real-life apprenticeship settings such as mental health centers, schools, corporate environments, and social service organizations.

### **PSO 2: Workplace Readiness and Professionalism**

Demonstrate workplace competencies including time management, client interaction, professional documentation, ethical decision-making, and task execution within organizational structures.

### **PSO 3: Contextual and Cultural Sensitivity**

Integrate culturally sensitive psychological practices when working with individuals and communities from diverse socio-economic, linguistic, and cultural backgrounds in India.

### **PSO 4: Research and Data Skills in Practice**

Conduct small-scale research, behavior assessments, and program evaluations in workplace settings, using both qualitative and quantitative methodologies.

### **PSO5: Psychology Practicum / Apprenticeship Modules**

Translate theoretical knowledge into professional competencies by engaging in supervised practice, reflective journals, and performance assessments in real-world settings.

**Credit Distribution Structure for B.A. Psychology 3YrApprenticeship Embedded Degree Program**

**B.A. Psychology First Year (1<sup>st</sup> and 2<sup>nd</sup> Semester) (AEDP)**

Sr. No.	Course Type	Course Title	First Semester		Total Credits
			Course Code	Credits T P	
1	Major 1 (Core) M1 Mandatory	Introduction Psychology	DSC-1	2	12
		Experiments		2	
	Major 2 (Core) M2 Mandatory		DSC-2	2	
				2	
	Major 3 (Core) M3 Mandatory		DSC-3	2	
				2	
2	GE/OE	Any one from the pool ( Personality Development)	GE/OE – 1	2	2
3	SEC	Memory Enhancement	SEC- 1	1 1	2
4	AEC (Ability Enhancement Course) (Common for all Faculty)	English	AEC-1	2	4
5	IKS (Indian Knowledge System ) Courses	Chose any one from the IKS course	IKS - 1	2	
6	CC (Co-curricular Courses) (Common for all Faculty)	Health and Wellness	CC -1	2	
					22
Sr. No.	Course Type	Course Title	Second Semester		Total Credits
			Course Code	Credits T P	
1	Major 4 (Core) M4 Mandatory	Individual Differences	DSC-4	2	12
		Psychometric Testing		2	
	Major 5 (Core) M5 Mandatory		DSC-5	2	
				2	
	Major 6 (Core) M6 Mandatory		DSC-6	2	
				2	
2	GE/OE	Any one from the pool (Stress Management)	GE/OE – 2	2	2
3	VSC ( Vocational Skill Courses)	Identifying Traits	VSC-1	1 1	2
4	AEC (Ability Enhancement Course) (Common for all Faculty)	Marathi /Hindi/Pali/Sanskrit/ Urdu	AEC-2	2	6
5	VEC	Constitution of India	VEC- 1	2	
6	CC (Co-curricular Courses) (Common for all Faculty)	Yoga Education/ Sports and Fitness	CC-2	2	
					22

Exit Option : Award of UG Certificate in 3 Majors with 44 Credits and an additional 4Credits of Core NSQF Course/Internship OR Continue with Major and Minor

**Credit Distribution Structure for B.A. Psychology 3 Yr Honours Apprenticeship Embedded Degree Program**

**B.A. Psychology Second Year (3<sup>rd</sup> and 4<sup>th</sup> Semester) (AEDP)**

Sr. No.	Course Type	Course Title	Third Semester		Total Credits
			Course Code	Credits T P	
1	Major 7 (Core) M7 Mandatory	Abnormal Psychology	DSC-7	2	8
		Psychometric Test		2	
	Major 8 (Core) M8 Mandatory	Basic Social Psychology	DSC-8	2	
		Psychometric Test		2	
2	Minor	Positive Psychology-1	M-1	2	
	Minor	Bio Psychology	M-2	2	
3	GE/OE	Any one from the pool (Health Psychology)	GE/OE – 2	2	2
4	VSC ( Vocational Skill Courses)	Development of Psychometric tools	VSC-2	1 1	2
5	AEC (Ability Enhancement Course) (Common for all Faculty)	English	AEC-2	2	6
6	VEC	Environment Studies	VEC- 1	2	
7	CC (Co-curricular Courses) (Common for all Faculty)		CC-2	2	
					22
Sr. No.	Course Type	Course Title	Fourth Semester		Total Credits
			Course Code	Credits T P	
1	Major 9 (Core) M9 Mandatory	Clinical Psychology	DSC-9	2	8
		Case History & Visit Report		2	
	Major 10 (Core) M10 Mandatory	Introduction to Counseling	DSC-10	2	
		Psychometric Testing		2	
2	Major Electives	Positive Psychology-II	DSE-1	2	4
	Major Electives	Cognitive Psychology	DSE-2	2	
3	Minor	Human resource Management	M-3	2	4
	GE/OE	Psychology of Relationship	M-4	2	
4	VSC ( Vocational Skill Courses)	(Choose any one from pool of Course)	VSC-3	1 1	4
	SEC	Understanding Self	VSC-4	2 2	
5	Project		FP/CEP	2	2
					22

Exit Option :Award of UG Diploma Major and Minor with 88 Credits and an additional 4 credits of core NSQF course / Internship OR Continue with Major and Minor



**Credit Distribution Structure for B.A. Psychology 3Yr Honours Apprenticeship Embedded Degree Program B.A.  
Psychology Fourth Year (5<sup>th</sup> and 6<sup>th</sup> Semester) (AEDP)**

Sr. No.	Course Type	Course Title	Fifth Semester		Total Credits
			Course Code	Credits T P	
1	Major 11 (Core) M11 Mandatory	Psychotherapy	DSC-11	2	14
		Practical		2	
	Major 12 (Core) M12 Mandatory	Counseling in Action	DSC-12	2	
		Practical		2	
	Major 13 (Core) M13 Mandatory	Rehabilitation Psychology	DSC-13	2	
		Practical		2	
	Major 14 (Core) M14 Mandatory	Mental Status Examination	DSC-14	2	
2	Major Electives	Psychology of Child MentalHealth	DSE-3	2	
	Major Electives	Role of Psychology Organizational Sector	DSE-4	2	4
3	Research Method	Research Methodology And Statistics	RM	4	4
					22

Sr. No.	Course Type	Course Title	Sixth Semester		Total Credits
			Course Code	Credits T P	
1	Apprentice/ OJT(On Job Training)	Apprenticeship to be done at Psychiatric Hospital / Industry HR Department / College / Rehabilitation center/ Old age Home/ Orphan Home/ Remand Home/ Special School and related institutions.	APP-2	22	22
					22



B.A. Psychology First Year 1<sup>st</sup> Semester) (AEDP)

Paper No	Title	Credit ThPr	Hrs Per week ThPr	Internal Assessment Marks	Term End exam Marks	Total
PSY-DSC-01 PSY-DSC-1A	Introduction Psychology Experiments	2 2	2 4	20 20	30 30	100
PSY-DSC-02 PSY-DSC-2A		2 2	2 4	20 20	30 30	100
PSY-DSC-03 PSY-DSC-3A		2 2	2 4	20 20	30 30	100
PSY-OE-01	Personality Development	2	2	20	30	50
PSY-SEC-01	Memory Enhancement	1 1	1 2	20	30	50
AEC-01	English	2	2	20	30	50
IKS -01	Chose any one from the IKS course	2	2	20	30	50
CC-01	Health and Wellness	2	4	20	30	50

B.A. Psychology First Year 2<sup>nd</sup> Semester) (AEDP)

Paper No	Title	Credit ThPr	Hrs Per week ThPr	Internal Assessment Marks	Term End exam Marks	Total
PSY-DSC-04 PSY-DSC-4A	Individual Differences Psychometric Testing	2 2	2 4	20 20	30 30	100
PSY-DSC-05 PSY-DSC-5A		2 2	2 4	20 20	30 30	100
PSY-DSC-03 PSY-DSC-3A		2 2	2 4	20 20	30 30	100
PSY-GE-02	Stress Management	2	2	20	30	50
PSY-VSC-01	Identifying Traits	1 1	1 2	20	30	50
AEC-02	Marathi /Hindi/Pali/Sanskrit/ Urdu	2	2	20	30	50
IKS -02	Constitution of India	2	2	20	30	50
CC-02	Yoga Education/ Sports and Fitness	2	4	20	30	50

## B.A.FirstYear:PSYCHOLOGY

### FirstSemester:

1. DSC-1:INTRODUCTIONTOPSYCHOLOGY  
DSC-A:EXPERIMENTS
2. DSE:--
3. M:--
4. GE/OE-1:
  1. :PERSONALITYDEVELOPMENT
5. SEC-1
  1. MEMORYENHANCEMENT:MNEMONICS
6. AEC-1:English
7. IKS:-----
8. OJT:--
9. FP:--
10. CEP:--
11. CC-1:HealthandWellness
12. RP:--

### Second Semester:

1. DSC-3:INDIVIDUALDIFFERENCES  
DSC-B:PSYCHOMETRICTTESTING
  2. DSE:--
  3. M-1:
  4. GE/OE-2:
    - 2.STRESSMANAGEMENT
  5. VSC-2:
    1. Identifying Traits
  6. AEC-2:EnglishCommunication
  7. VEC-1:ConstitutionofIndia
  8. IKS:-----
  9. OJT:--
  10. FP:--
  11. CEP:--
  12. CC-2:Yogaeducation/Sportsandfitness
- RP:--



**DSC-1:INTRODUCTION TO PSYCHOLOGY**

Total Credits: 02

Total Contact Hours: 30

Hrs Maximum Marks : 50

**Learning Objectives of the Course:**

1. Have basic knowledge of Psychology

2. Use learning methods

3. Know memory improving techniques

**Course Outcomes (COS):** After completion of the course, students will be able to-

1. Understand concept of psychology

2. Acquired methods of learning

3. Identify methods of memory improvement

Module No	Topics / actual contents of the syllabus	Contact H
I	<b>The science of psychology</b> 1. What is psychology? -a) Definition b) Goal of psychology 2. Perspective of behaviour- a) Psychodynamics b) Humanistic c) Gestalt 3. Method of psychology- a) Descriptive method; naturalistic observation, laboratory observation b) Case study c) Survey method 4. Sub field of psychology- a) Social psychology b) Clinical psychology c) Positive psychology d) Counseling psychology 5. Psychology in India- a) Ancient roots and modern India	10
II	<b>Learning</b> 6. Learning- a) Define and Nature 7. Types of Learning- a) Classical conditioning b) Operant conditioning c) Observational Conditioning	10
III	<b>Memory</b> 8. Definition and nature of memory 9. Models of memory- a) Level of possessing b) possessing model c) Information possessing 10. Types of memory- a) sensory memory b) short term memory c) long term memory 11. Forgetting -a) Curve of Forgetting b) Causes of Forgetting c). Improving memory	10

**Books Recommended:** Source Books: 1. Baron, R. & Misra, G. (2013). Psychology. Pearson.  
2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:

**Reference Books:-**

1. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle
2. Dixit, Nirupama (2010). Adhunik Asamanaya Manovigyan. Agra: Aggrawal Pub.
3. Jain, Shashi (2007). Introduction to psychology (4th Ed.). New Delhi: Kalyani.
4. Learning, New Delhi.
5. Mangal, S. K. (2013). General psychology. New Delhi: Sterling Publisher Pvt. Ltd.
6. New Delhi: Tata McGraw-Hill.
7. Srivastava, A. (2010). Manovikritivigyan. Agra: Aggrawal Pub.
8. Vilas Padhe: Psychology – An Introduction to Psychology

### DSC1- A:Experiments

Total Credits: 02

Total Contact Hours:60    Hrs Maximum Marks : 50

#### Learning Objectives of the Course:

- i) To have a good observation skill
- ii) Learn how to analyse data
- iii) Learn experimental method

#### Course Outcomes (COS):

After completion of the course, students will be able to

- i) Develop skill of observation
- ii) Analysis data
- iii) Conducting experiments

Note-Conduct any SIX experiments from the list below-

#### Experiments-

- 1) Serial Learning
- 2) STM
- 3) Rote learning
- 4) Recall and Recognition
- 5) Retroactive Inhibition
- 6) Paired Association
- 7) Maze Learning
- 8) Figure and Ground

Formative Assessment Marks 20- Weekly Class Assignments (Practical Book)

Summative Assessment Marks 30- Semester End Exam

Report of the experiment-10 marks, Instruction and conduct of experiment-  
10 marks, viva voce exam - 10 marks

#### Reference Books:-

➤ S.M Mohasin, Experiments in Psychology, MLBD Publication  
Dr.D.R.Jaronde, Manashastriya Prayog, Prashant Publication Jalgoan



**GE/OE-1:PERSONALITYDEVELOPMENT**

Total Credits: 02

Total Contact Hours:30

Hrs Maximum Marks : 50

**Learning Objectives of the Course:** i) Understanding Personality ii) Acquire Knowledge of Self iii) Learn methods of developing personality

**Course Outcomes (COS):** After completion of the course, students will be able to - i) Understand personality ii) Will have Self- knowledge iii) Take action for personality development

Module No.	Topics / actual contents of the syllabu	Contact Hours
I	<b>Introduction to Personality Development</b> The concept of personality - Dimensions of personality – Theories of Freud & Erickson-Significance of personality development. The concept of success and failure: What is success? - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis	10
II	<b>Self-esteem</b> Term self-esteem – Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low selfesteem - Symptoms - Personality having low self esteem - Positive and negative self esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours - Lateral thinking.	10
II	<b>Other Aspects of Personality Development</b> Body language - Problem-solving - Conflict and Stress Management - Decisionmaking skills - Leadership and qualities of a successful leader – Character building - Team-work – Time management - Work ethics –Good manners and etiquette.	10

**BooksRecommended:****SourceBooks:**

ElizabethB.Hurlock,Personality Development

### SEC-1 Memory Enhancement: Mnemonics

Total Credits: 02

Total Contact Hours: 60 Hrs

Maximum Marks : 50

**Learning Objectives of the Course:** i) Learn the techniques of memory improvement ii) Use the memory improvement technique iii) Understanding the memory technique activity

**Course Outcome (CO):** After completion of course students will be able to: i) Understand the techniques of memory improvement ii) Apply the memory improvement technique iii) Conduct the memory technique activity

Module No.	No. Topics / actual contents of the syllabus	Contact Hours
1	Mnemonic Systems - Method of Loci, Peg Word System	10
2	Key Word Method, Organizational Schemes	10
3	Recall of Name, Recall of Words	10

**Books Recommended: Source Books:**

1. Baron, R. & Misra. G. (2013). Psychology. Pearson.
2. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:



#### DSC-4: INDIVIDUAL DIFFERENCE

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

**Learning Objectives of the Course:** i) Learning intelligence concept ii) Knowing basic of emotions iii) Understanding personality

**Course Outcomes (COS):** After completion of the course, students will be able to - i) Understood concept of intelligence ii) Acquired basic knowledge of emotions iii) Insight about personality

Module No	Topics / actual contents of the syllabus	Contact H
I	<b>Intelligence</b> 1. Definition of Intelligence, Nature of Intelligence, Factors affecting on Intelligence (Heredity and Environment) 2. Theories of Intelligence (Factorial theories and processes oriental theories) 3. Assessment of Intelligence- Types of measurement of Intelligence- a) Verbal test: - Individual test and Group test. b) Nonverbal test: - Individual test and Group test	10
II	<b>Personality</b> 4. Definition and Nature of Personality , Biological Foundations of Personality 5. Biological factors of Personality- a) Genetic endowment b) Body chemistry c) Physique d) Physical disability. 6. Theories of Personality- a) Psychoanalytical Freud and Carl Jung. b) Humanistic theory of Carl Rogers and Maslow. c) Social learning theory of Albert Bandura. d) Allport & Cattell e) Big five model	10
III	<b>Motivation and Emotion</b> 7. Motivation- a) Definition and Nature, Motivational cycle, Classification of motivation- a) Biological motives b) Social motives 8. Theories of motivation- a) Drive theory b) Incentive theory c) Optimal arousal theory 9. Emotion- a) Definition and Nature, Theories of emotion- a) James Lange theory b) Cannon-Bard theory c) Schachter and Singer theory	10

**Books Recommended: Source Books:**

3. Baron, R. & Misra, G. (2013). Psychology. Pearson.

4. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:

**Reference Books:-**

9. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle

10. Dixit, Nirupama (2010). Adhunik Asamanaya Manovigyan. Agra: Aggrawal Pub.

11. Jain, Shashi (2007). Introduction to psychology (4th Ed.).New Delhi: Kalyani.

12. Learning, New Delhi.

13. Mangal, S. K. (2013). General psychology. New Delhi: Sterling Publisher Pvt. Ltd.

14. New Delhi: Tata McGraw-Hill.

15. Srivastava, A. (2010). Manovikritivigyan. Agra: Aggrawal Pub.

16. Vilas Padhe: Psychology – An Introduction to Psychology

**DSC 4- B : Psychometric Testing**

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

**Learning Objectives of the Course** i) To have a good observation skill ii) Learn how to analyse data iii) Learn experimental method

**Course Outcomes (COS):** After completion of the course, students will be able to - i) Develop skill of observation ii) Analysis data iii) Conducting experiments

**Note – Conduct any FOUR Tests from the list below Tests**

1) Standard Progressive Materials (SPM).

2) NEO-PI (Personality Test)

3) Need of Achievement

4) Motivation & Performance

5) Value Test

6) Family Climate

7) Facial Expression

8) Colour Progressive Materials (CPM)

Formative Assessment Marks 20- Weekly Class Assignments (Practical Book) Summative Assessment Marks 30- Semester End Exam Report of the test –10 marks, Instruction and conduct of test – 10 marks, viva voce exam - 10 mark



**GE/OE-2: STRESS MANAGEMENT**

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

**Learning Objectives of the Course:** i) Understanding Sources of stress ii) Knowing techniques of relaxation  
iii) Learn different methods of stress relieving exercise

**Course Outcomes (COS)** i) Learn Sources of stress ii) Understand techniques of relaxation iii) Know different methods of stress relieving exercise

Module No	Topics / actual contents of the syllabus	Contact H
I	Introduction to Stress Stress: What is it? Sources of Stress, Types of Stressors, Internal Sources of Stress and Anxiety, Cognitive Aspects of Stress and Anxiety, Anxious Thoughts ,Signs and Symptoms of Stress Overload Effects of Stress ,50 Common Signs and Symptoms of Stress	10
II	Stress Relieving Techniques Diagram of the Effects of Stress on the Body, Questions to Consider When Assessing for Stress , The Stress Response, The Relaxation Response, Mindfulness, How to do a Mindfulness Exercise, 10 Simple Ways to Practice Mindfulness Each Day, Relaxation in a Hurry, Relaxing Your Body at Work	10
III	Exercise Progressive Muscle Relaxation, Deep Breathing, Guided Imagery, Self Massage and Self Massage Techniques, Thought Stopping Techniques, List of 38 Stress Busters	10

**Books Recommended: Source Books:**

Klinic Community Health Centre, Stress &amp; Stress Management, 2010

**B.A First Year, Second Semester**

**VSC-1:- Identifying Traits**

**Total Credit : 2**(Theory :1 Credit, Practical :1 Credit) **Contact hours** ( Theory-15, Practical-30)

**Learning Objectives of the Course:**

- i) Learn personality traits
- ii) Learn analytical skill
- iii) Understand how personality profiling is done

**Course Outcome (CO):** After completion of course students will be able to:

- i) Apply the knowledge of personality traits
- ii) Develop analytical skill
- iii) Do personality profiling

**Theory- 1 credit**

Unit	Content	Contact Hrs
1	What is personality- definition, factors affecting personality, type approach of personality- Sheldon, hypocrites, type A & B personality	7
2	Trait Theories of Personality- Cattle, Eysenck, Big Five Factors	8

**Source Textbooks:**

- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:
- Vilas Padhe: Psychology – An Introduction to Psychology

**Practical- 1 credit**

Identify different traits among the individuals. These individuals can be from movies, T.V serials, novels or can be a known individual. Student has to do the traits identification of 5 individuals from above any area. Then they have to submit the report of these five personality profile / traits that they have identified.

#### Mark system

##### **Theory –**

30 marks External Assessment- Written paper

20 marks Internal Assessment- Seminar/ Group discussion/ Assignment

##### **Practical –**

External assessment -30 marks – Procedure , Report, Viva-voce examination.

Internal Assessment- 20 marks - Practical record/journal, attendance, practical performance.





Maulana Azad Educational Trust  
**MAULANA AZAD COLLEGE OF ARTS, SCIENCE & COMMERCE**  
AURANGABAD, DR. RAFIQ ZAKARIA MARG, RAUZA BAGH, AURANGABAD, MAHARASHTRA 431001

**Standard Fee(Details)**

Session : 2025-2026

Course Name : B.A (NEP) - 1

Fee Type : FP

Student Type : HOME UNIVERSITY

SR.NO.	FEE HEAD	AMOUNT
1	REGISTRATION FEES	25.00
2	ENTRY FEES	50.00
3	TUITION FEES	800.00
4	LIB FEE	50.00
5	LAB FEES	300.00
6	EXTRA CURRICULAR FEES	56.00
7	S W A FEES	20.00
8	COLLEGE MAGAZIN FEES	50.00
9	IDENTITY CARD FEES	10.00
10	SESSION FEES	100.00
11	SEMESTER FEES	75.00
12	UNIVERSITY DEVEL FEES	110.00
13	STUDY TOUR FEES	100.00
14	ENVIRONMENT FEES	0.00
15	COMPUTER FEES	50.00
16	MISCELLANEOUS FEES	125.00
17	UNIVERSITY OTHER FEES	0.00
18	UNIVERSITY SPORTS FEES	10.00
19	UNIVERSITY ASHWAMEDH FEES	4.00
20	UNIVERSITY MEDICAL AID FEES	15.00
21	UNIVERSITY STUDENT INSU FEES	10.00
22	ELIGIBILITY FEES	50.00
23	GYMKHANA FEES	50.00
24	UNIVERSITY EXAM FEES	0.00
25	LIBRARY DEPOSIT FEE	0.00
26	ATTENDANCE CARD	0.00
27	YOUTH FESTIVAL FEES	100.00
28	LIBRARY DUES FEES	0.00




Maulana Azad Educational Trust  
**MAULANA AZAD COLLEGE OF ARTS, SCIENCE & COMMERCE**  
AURANGABAD, DR. RAFIQ ZAKARIA MARG, RAUZA BAGH, AURANGABAD, MAHARASHTRA 431001

**Standard Fee(Details)**

Session : 2025-2026  
Course Name : B.A (NEP) - 1  
Fee Type : FP  
Student Type : HOME UNIVERSITY

SR.NO.	FEE HEAD	AMOUNT
29	TC FEES	0.00
30	REDRESSAL FEES	0.00
31	LABORATORY DUES	0.00
32	CONSTITUTION OF INDIA	0.00
33	EXCESS	0.00
Grand Total:		2,160.00

  
Principal  
Maulana Azad College of Arts,  
Science & Commerce,  
Rauza Bagh, Aurangabad