

**DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY,
CHHATRAPATI SAMBHAJINAGAR.**



NAAC Accredited A+ grade

Circular/ Syll. Sec./ UG /B.A. Honors/Psy.Dept./ 2025.

It is hereby informed to all concerned that, on the recommendation of Board of Deans; **the Academic Council at it's Meeting held on 09th May, 2025 has been accepted the** "Permission to Introduce 4- Year BA [Honors] Apprenticeship Embedded/ Research Degree Programme under the faculty of Humanities" for implemented in the university campus under the Department of Psychology.

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 Sambhajnagar-
431 004.

Ref. No. Syll. Sec./UG/ B.A.

Honors/ Psy.Dept./ 2025/ 908-10

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**Deputy Registrar,
Syllabus Section**

Date: 02/ 06/ 2025.

Copy forwarded with necessary action to:-

- 1] **The Head, concerned department,** Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajnagar.
- 2] **The Director,** University Network & Information Centre, UNIC, with **a request to upload this Circular on University Website.**
- 3] **The Director, Board of Examinations & Evaluation,**

Dr. Babasaheb Ambedkar Marathwada University,
Chhatrapati Sambhajnagar.

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DR. BABASAHEB AMBEDKAR MARATHWADA

UNIVERSITY, Chh.Sambhajinagar



Faculty of Humanities

**Bachelor of Arts (Psychology) Honors
4 yr Apprenticeship Embedded Degree Program**

Based on NEP 2020 and AEDP 2025

Curriculum Structure

2025-26



NAAC Reaccredited with "A+" Grade

Dr. Babasaheb Ambedkar Marathwada University,

Chhatrapati Sambhajinagar – 431 004 (MS), India

Department of Psychology

Details of Expenses and Revenue Generation for B.A Psychology (H)
Apprentenship Embedded/Research Degree Programs (AERDPs)

Sr. No.	Particulars	40 Students 1 st Year	80 Students 1 st + 2 nd Year	120 Students 1 st + 2 nd + 3 rd Year	160 Students 1 st + 2 nd + 3 rd + 4 th Year
1.	Work Load *	51	91	147	197
2.	Man Power Required	03	05	08	10
3.	Expenses				
I	Faculty Salary:	32,000×3=96,000/month and 1,52,000/year	32,000×5=1,60,000/month and 17,60,000/year	32,000×8=2,56,000/month and 30,72,000/year	32,000×10=3,20,000/month and 38,40,000/year
II	Lab Equipment's	3,00,000/-	3,00,000/-	3,00,000/-	5,00,000/-
	Total Expenses per year	14,52,000/-	20,60,000/-	33,72,000/-	43,40,000
Sr. No.	Revenue Projections	50 Students 1 st Year	100 Students 1 st + 2 nd Year	150 Students 1 st + 2 nd + 3 rd Year	200 Students 1 st + 2 nd + 3 rd + 4 th Year
1.	Tuition Fees: 30,000/Student	40*30,000= 12,00,000/-	80*30,000= 24,00,000/-	120*30,000= 36,00,000/-	160*30,000=48,00,000/-
	Total Difference	-2,52,000/-	+3,40,000/-	+2,28,000	+4,60,000

*Detailed work load is given in Annexure-I

Annexure-I

Projected work load of B.A.

4 Year (After Commencement of B.A. Program)

Work load	B.A.. 1 st Sem	B.A.. 3 rd Sem	B.A.. 5 th Sem	B.A.. 7 th Sem
Theory	4×2=8 1×1=1 9	5×2=10 1×1=1 11	6×2=12 2×2=4 16	7×2=14
Practical	3×4=12 1×2=02 3 Batches 14 x 3=42	2×4=8 1×2=2 3 Batches 10x3=30	2×4=8 2×2=4 3 Batches 12 x 3=36	3×4=12 12 x 3=36
Project	00	0	1×4=04	0
Total	51	41	56	50

Other Expenses we may require: -

- 1) A tentative amount of other Expenses is Rs-5,00,000/- is already included in expenses
- 2) After completion of 1st year, our students will be in 2nd and new 1st year students will enroll for the course, so we required extra class rooms (at list three) and two laboratory

Head Department
Of Psychology

Dr. Babasaheb Ambedkar

Marathwada University, Aurangabad



Credit Distribution Structure for B.A. Psychology 4 Yr Honours Apprenticeship Embedded Degree Program B.A.
Psychology First Year (1st and 2nd Semester) (AEDP)

Sr. No.	Course Type	Course Title	First Semester		Total Credits
			Course Code	Credits T P	
1	Major 1 (Core) M1 Mandatory	Introduction to psychology Experiments	DSC-1	2 2	12
	Major 2 (Core) M2 Mandatory	Individual Differences Psychometric Testing	DSC-2	2 2	
	Major 3 (Core) M3 Mandatory	Introduction to Social Psychology Practical of Social Psychology	DSC-3	2 2	
2	GE/OE	Personality Development	GE/OE – 1	2	
3	SEC	Memory Enhancement	SEC- 1	2	
4	AEC (Ability Enhancement Course) (Common for all Faculty)	English	AEC-1	2	
5	IKS (Indian Knowledge System) Courses	Chose any one from the IKS course	IKS - 1	2	4
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	Applied Psychology Psychological Activities	DSC-4	2 2	12
	Major 5 (Core) M5 Mandatory	Bio Psychology Psychological Activities	DSC-5	2 2	
	Major 6 (Core) M6 Mandatory	Stress Management Psychological Testing	DSC-6	2 2	
2	GE/OE	Stress Management	GE/OE – 2	2	
3	VSC (Vocational Skill Courses)	Identifying Traits	VSC-1	2	
4	AEC (Ability Enhancement Course) (Common for all Faculty)	Marathi /Hindi/Pali/Sanskrit/ Urdu	AEC-2	2	
5	VEC	Constitution of India	VEC- 1	2	6
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 4 Credits of Core NSQF Course/Internship OR Continue with Major and Minor

Credit Distribution Structure for B.A. Psychology 4 Yr Honours Apprenticeship Embedded Degree Program
B.A. Psychology Second Year (3rd and 4th Semester) (AEDP)

Sr. No.	Course Type	Course Title	Third Semester		Total Credits
			Course Code	Credits T P	
1	Major 7 (Core) M7 Mandatory	Organizational Behaviour	DSC-7	2	8
		Practical		2	
	Major 8 (Core) M8 Mandatory	Psychology of Health	DSC-8	2	
		Practical		2	
2	Minor	Human resource management	M-1		
	Minor	Mental health and Well Being	M-2		
3	GE/OE	Psychology of Adjustment	GE/OE – 2	2	2
4	VSC (Vocational Skill Courses)	Emotional Intelligence	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	Apprentice/ OJT(On Job Training)	General Hospital & Industry- Human Resource Department	OJT-1	20	20
2	Minor	Psychological First Aid	M-3	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 4 Yr Honours Apprenticeship Embedded Degree Program
B.A. Psychology Third Year (5th and 6th Semester) (AEDP)

Sr. No.	Course Type		Fifth Semester		Total Credits
			Course Code	Credits T P	
1	Major 9 (Core) M9 Mandatory	Introduction To Abnormal	DSC-9	2	8
		Practical		2	
	Major 10 (Core) M10 Mandatory	Developmental Psychology	DSC-10	2	8
		Practical		2	
2	Major Electives	Child Psychopathology	DSE-1	2	4
	Major Electives	Rehabilitation Psychology	DSE-2	2	
3	Minor	Counseling Psychology	M-3	2	4
	Minor	Psychological Testing and Assessment	M-4	2	
4	VSC (Vocational Skill Courses)	Mindfulness	VSC-3	1 1	4
	VSC	Life Coaching and Positive Psychology	VSC-4	1 1	
5	Project		FP/CEP	2	2
					22

Sr. No.	Course Type		Sixth Semester		Total Credits
			Course Code	Credits T P	
1	Apprentice/ OJT(On Job Training)	Rehabilitation center/ Old age Home/ Orphan Home/ Remand Home/ Special School	OJT-2	20	20
2	Minor	Introduction to Research in Psychology	M-5	2	2
					22

Exit Option: Award of UG Degree Major and Minor with 132 Credits and additional 4 credits of core NSQF course / Internship OR Continue with Major and Minor

**Credit Distribution Structure for B.A. Psychology 4 Yr Honours Apprenticeship Embedded Degree Program B.A.
Psychology Fourth Year (7th and 8th Semester) (AEDP)**

Sr. No.	Course Type		Fifth Semester		Total Credits
			Course Code	Credits T P	
1	Major 11 (Core) M11 Mandatory	Counseling Skills	DSC-11	2	14
		Practical		2	
	Major 12 (Core) M12 Mandatory	Psychotherapy	DSC-12	2	
		Practical		2	
	Major 13 (Core) M13 Mandatory	Psychopathology	DSC-13	2	
		Practical		2	
	Major 14 (Core) M14 Mandatory	Mental Status Examination	DSC-14	2	
2	Major Electives	Environmental Psychology	DSE-3	2	4
	Major Electives	Psychology of Sports	DSE-4	2	
3	Research Method	Research Methodology And Statistics	RM	2	4
					22

Sr. No.	Course Type		Sixth Semester		Total Credits
			Course Code	Credits T P	
1	Apprentice/ OJT(On Job Training)	Psychiatrist Hospital	OJT-3	20	20
2	Minor	Psychodiagnostics Testing	M-6	2	2
					22

Award of Four Year UG Honours Degree in Major and Minor with 176 credits

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 behavior 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:

PO 1. Disciplinary Knowledge

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

PO 2. Application of Knowledge

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

PO 3. 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.

PO 4. Effective Communication

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

PO 5. Ethical and Professional Conduct

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

PO 6. Lifelong Learning and Adaptability

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

PO 7. 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.

PSO 5: Psychology Practicum / Apprenticeship Modules

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

DSC 1: Introduction To Psychology

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks: 50

Learning Objectives of the Course:

- i) Have basic knowledge of Psychology
- ii) Use learning methods
- iii) Know memory improving techniques

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

- i) Understand concept of psychology
- ii) Acquired methods of learning
- iii) Identify methods of memory improvement

Module No.	Topics / actual contents of the syllabus	Contact Hours
I	The science of psychology- What is psychology? -a) Definition b) Goal of psychology, Perspective of behaviour- a) Psychodynamics b) Humanistic c) Gestalt Method of psychology- a) Descriptive method; naturalistic observation, laboratory observation b) Case study c) Survey method , Sub field of psychology- a) Social psychology b) Clinical psychology c) Positive psychology d) Counseling psychology , Psychology in India- a) Ancient roots and modern India	10
II	Learning- Learning- a) Define and Nature , Types of Learning-a) Classical conditioning b) Operant conditioning c) Observational Conditioning	10
III	Memory- Definition and nature of memory , Models of memory-a) Level of possessing b) possessing model c) Information possessing , Types of memory-a) sensory memory b) short term memory c) long term memory, 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). AdhunikAsamanayaManovigyan. Agra: Aggrawal Pub.
3. Jain, Shashi (2007). Introduction to psychology (4th Ed.).New Delhi: Kalyani. Learning, New Delhi.
4. Mangal, S. K. (2013). General psychology. New Delhi: Sterling Publisher Pvt. Ltd.
5. New Delhi: Tata McGraw-Hill.
6. Srivastava, A. (2010). Manovikritivigyan. Agra: Aggrawal Pub.
7. Vilas Padhe: Psychology – An Introduction to Psychology

DSC1- 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, ManashastriyaPrayog, Prashant Publication Jalgoan.

DSC 2: 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 Hours
I	Intelligence Definition of Intelligence, Nature of Intelligence, Factors affecting on Intelligence (Heredity and Environment) Theories of Intelligence (Factorial theories and processes oriental theories) 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	Personality Definition and Nature of Personality , Biological Foundations of Personality Biological factors of Personality-a) Genetic endowment b) Body chemistry c) Physique d) Physical disability. 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 & Cattle e) Big five model	10
III	Motivation and Emotion Motivation- a) Definition and Nature, Motivational cycle, Classification of motivation- a) Biological motives b) Social motives Theories of motivation- a) Drive theory b) Incentive theory c) Optimal arousal theory Emotion-a) Definition and Nature, Theories of emotion-a) James Lange theory b) Cannon bard theory c) Schechter and Singer theory	10

Books Recommended:

Source Books:

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

Reference Books:-

- Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle
- Dixit, Nirupama (2010). AdhunikAsamanayaManovigyan. Agra: Aggrawal Pub.
- Jain, Shashi (2007). Introduction to psychology (4th Ed.).New Delhi: Kalyani.

DSC 2: Psychometric Testing

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 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 marks

DSC-3 - Social Psychology

Credits: 2

Total Hours: 30

Maximum Marks : 50

Course Objectives:

- To introduce students to the fundamental concepts and principles of social psychology.
- To explore how individuals' thoughts, feelings, and behaviors are influenced by the presence of others.
- To examine various social phenomena such as attitudes, prejudice, aggression, and group dynamics.

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

- **CO1:** Define and explain the key concepts and theories in social psychology.
- **CO2:** Analyze how individuals' thoughts, feelings, and behaviors are shaped by social influences.
- **CO3:** Evaluate the causes and consequences of various social phenomena such as prejudice, aggression, and helping behavior.

Unit	Topic	Contact Hrs
1	Introduction to Social Psychology- Defining Social Psychology: Scope and Nature , Definition and historical development of social psychology, Social Cognition -How people perceive, interpret, and remember social information. Schemas, heuristics, and attribution processes. Social perception and impression formation.	6
2	Attitudes, Prejudice, and Aggression- Attitudes -Definition and components of attitudes, Attitude formation and change, Relationship between attitudes and behavior. Prejudice and Discrimination -Nature and components of prejudice, Sources of prejudice: social, emotional, and cognitive, Reducing prejudice and discrimination.	12
3	Aggression, Social Influence and Group Dynamics - Aggression - Definition and types of aggression, Factors influencing aggression: situational and individual, Reducing aggression. Conformity and Obedience- Classic studies on conformity (e.g., Asch) and obedience (e.g., Milgram), Factors influencing conformity and obedience, Resisting social influence.	13

Source book-

- Baron, R. A., & Branscombe, N. R. (2017). *Social psychology*. Pearson Education.
- Myers, D. G., & Twenge, J. M. (2018). *Social psychology*. McGraw-Hill Education.

Suggested Readings/References:

- Hogg, M. A., & Vaughan, G. M. (2017). *Social psychology*. Pearson Education.
- Kassin, S. M., Fein, S., & Markus, H. R. (2016). *Social psychology*. Cengage Learning.
- Franzoi, S. L. (2017). *Social psychology*. BVT Publishing.

DSC-3 – Practical of Social Psychology

Credits: 2

Total Hours: 60

Maximum Marks : 50

Course Objectives:

- To provide students with hands-on experience in applying social psychology concepts.
- To develop students' skills in conducting psychological assessments and interpreting data related to social behavior.
- To enhance students' understanding of research methods in social psychology through practical application.

Course Outcomes (COs): Upon successful completion of this course, students will be able to:

- **CO1:** Administer and score psychological tests related to social psychology.
- **CO2:** Interpret and analyze data obtained from psychological assessments.
- **CO3:** Apply social psychology concepts to understand and explain individual and group behavior.

Syllabus Structure:

List of Psychological Tests (Choose any 6):

1. Attitude towards Religion
2. Social Problem Scale
3. Social Perception Inventory
4. Attitude towards education
5. Prejudice Scale
6. Aggression Scale
7. Sociometric test
8. Attitude Scale

Assessment Methods:

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

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

GE/OE 1 : Personality Development

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 syllabus	Contact Hours
I	Introduction to Personality Development- 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	Self-esteem Term self-esteem– Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem - 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
III	Other Aspects of Personality Development- Body language - Problem-solving - Conflict and Stress Management - Decision-making skills - Leadership and qualities of a successful leader – Character building - Team-work – Time management - Work ethics –Good manners and etiquette.	10

Books Recommended:

Source Books:

Elizabeth B. Hurlock, Personality Development

SEC-1 Memory Enhancement: Mnemonics

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

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

Theory- 1 credit

Module No.	Topics / actual contents of the syllabus	Contact Hours
I	Mnemonic Systems - Method of Loci, Peg Word System	05
II	Key Word Method, Organizational Schemes	05
III	Recall of Name, Recall of Words	05

Source Books:

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

Practical- 1 credit

List of Practical Conduct (Any Four)

1. Recall & Recognition
2. Memory for Meaningful and Nonsense syllabi
3. Short term Memory
4. Memory for Paired Association
5. Span of Memory
6. Free Association

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.

AEC 1 : English

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

ENGLISH (Common for all the faculty)

Syllabus of this subject will be taken from the common syllabus of **Dr. Babasaheb Ambedkar Marathwada University**, which is available on the university website.

IKS 1 : (Common for all the faculty)

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

IKS (Common for all the faculty)

Student can choose one of the IKS basket which is available on the university website.

CC 1 : Health and Wellness (Common for all the faculty)

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

Health and Wellness (Common for all the faculty)

Syllabus of this subject will be taken from the common syllabus of **Dr. Babasaheb Ambedkar Marathwada University**, which is available on the university website.

DSC 4 : Applied Psychology

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

Learning Objectives of the Course:

- iv) To learn the adjustment issues of life.
- v) To understand relation between gender and behaviour
- vi) Get acquainted with career choice models

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

CO 1: Know the adjustment issues of life.

CO 2: Understood relation between gender and behaviour.

CO 3: Acquired knowledge about career choices.

Module No.	Topics / actual contents of the syllabus	Contact Hours
Unit-I	Adjusting to modern Life- The psychology of Adjustment, The scientific approach to behaviour, The roots of Happiness: An empirical analysis.	10 hrs
Unit-II	Gender and Behaviour- gender stereotypes, gender similarities and differences, biological origin of gender difference, environmental origins of gender difference, gender roles, gender in past and in future	10 hrs
Unit-III	Career and work- Choosing a career, Models of career choice and development, the changing world of work, coping with occupational hazards, balancing work and other spheres of life.	10 hrs

Books Recommended:

Source Books:

- Margaret A. Lloyd, Wayne Weiten , Psychology Applied to Modern Life : Adjustment in 21st Century 8th Edition ,Publisher: Wadsworth, ISBN: 9788131501962, 8131501965

DSC-4 Psychological Activities

Credits: 2

Total Hours: 60

Maximum Marks : 50

Syllabus Structure:

List of Psychological activities (Choose any 6):

1. Developing sound study habits
2. Improving your reading
3. Getting more out of lecture
4. Instrumental and expressive style
5. Common mixed- gender communication problem
6. Putting together a resume
7. Polishing your interview technique
8. Towards a shared language

Assessment Methods:

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

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

Source Books:

- Margaret A. Lloyd, Wayne Weiten , Psychology Applied to Modern Life : Adjustment in 21st Century 8th Edition ,Publisher: Wadsworth, ISBN: 9788131501962, 8131501965

DSC 5 : Bio Psychology

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

Learning Objectives of the Course:

- i) Have basic knowledge of Bio Psychology
- ii) Learning Brain structure and function
- iii) Knowing Endocrine system.

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

CO 1: Acquired knowledge of Biopsychology.

CO 2: Understood brain structure and function.

CO 3: Developed the knowledge of Endocrine system.

Module No.	Topics / actual contents of the syllabus	Contact Hours
Unit-I	Introduction to biopsychology -Biopsychology - a) Definition b) Origin of biopsychology, Nature and scope Division of biopsychology- a) Physiological psychology b) Psychopharmacology c) Neuron psychology	10 hrs
Unit-II	Nervous Systems - Structure of Brain, Neuron and nerves, Function of neuron The synapses, CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: Dopamine:-function and effect, Serotonin hypothesis:- function and effect-	10 hrs
Unit-III	Endocrine System - Structure of Endocrine System , Functions of Endocrine System, Abnormalities of major glands- a)Thyroid, b)Adrenal, c)Gonads, d)Pituitary, e)Pancreas, f)Pineal	10 hrs

Books Recommended:

Source Books:

- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:
- Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson

Reference Books:

- Levinthal, C. F. (1983). Introduction to Physiological Psychology. New Delhi: PHI.

DSC-5 Activities of Bio Psychology

Credits: 2

Total Hours: 60

Maximum Marks : 50

Syllabus Structure:

List of Psychological activities (Choose any 4):

1. Building a Neuro model
2. Conducting self phrenology
3. Experiencing touch receptor densities
4. Building sympathetic nervous system model
5. Building parasympathetic nervous system model

The above activities are to be done in group of 5 to 8 students.

Assessment Methods:

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

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

Source Books:

- Stephanie L.Simon-Dack(2011)Interactive Teaching Activities for Intoductory Biopsychology
- Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience, 5th Edition. Sinauer
- Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi:

DSC 6 : Advanced Social Psychology

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

Learning Objectives of the Course:

- i) Learning about pro social behaviour.
- ii) Understanding the close relationships
- iii) Learning to deal with adversity of life and leave happily.

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

CO 1: Acquired knowledge of pro social behaviour

CO 2: Acquired the understanding about the close relationship

CO 3: Deal with the adversity of life and leave happily.

Module No.	Topics / actual contents of the syllabus	Contact Hours
Unit-I	Prosocial Behaviour- why people help: motives for Prosocial behaviour, factors that increase or decrease the tendency to help, crowd funding; a new type of Prosocial behaviour	10 hrs
Unit-II	Liking, Love and Other Close Relationship- internal sources of liking others: the role of needs and emotions, external sources of attraction: the effects of proximity, familiarity, and physical beauty, sources of liking based on social interaction, close relationship: foundations of social life.	10 hrs
Unit-III	Dealing with Adversity and Achieving a happy life- social sources of stress and their effects on personal well-being, social tactics for decreasing the harmful effect of stress, making the legal system more fair and effective, fostering happiness in our live	10 hrs

Books Recommended:

Source book-

- Baron, R. A., & Branscombe, N. R. (2017). *Social psychology*. Pearson Education.
- Myers, D. G., & Twenge, J. M. (2018). *Social psychology*. McGraw-Hill Education.

Suggested Readings/References:

- Hogg, M. A., & Vaughan, G. M. (2017). *Social psychology*. Pearson Education.
- Kassir, S. M., Fein, S., & Markus, H. R. (2016). *Social psychology*. Cengage Learning.
- Franzoi, S. L. (2017). *Social psychology*. BVT Publishing.

DSC-6 Psychological Testing

Credits: 2

Total Hours: 60

Maximum Marks : 50

Syllabus Structure:

List of Psychological Tests (Choose any 6):

1. Self-Report Altruism Scale (SRA),
2. The Altruism/Non-altruism Questionnaire (AN Questionnaire)
3. The Altruism Trait Questionnaire (ATQ).
4. Quality of Life Inventory
5. Peer Relationship Scale
6. Happiness Quotient Scale(HQS)
7. Interpersonal Judgment (attraction) Scale (IJS)

Assessment Methods:

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

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

Source book-

- Baron, R. A., & Branscombe, N. R. (2017). *Social psychology*. Pearson Education.
- Myers, D. G., & Twenge, J. M. (2018). *Social psychology*. McGraw-Hill Education.

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 reliving exercise**

Course Outcomes (COS):

After completion of the course students will be able to

- i) **Learn Sources of stress**
- ii) **Understand techniques of relaxation**
- iii) **Know different methods of stress reliving exercise**

Module No.	Topics / actual contents of the syllabus	Contact Hours
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-

Klinic Community Health Centre, Stress & Stress Management, 2010

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.

AEC 2 : Modern Indian Language (MIL-1)

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

1. Marathi
2. Hindi
3. Pali & Buddhism
4. Urdu
5. Arabic
6. Sanskrit

Students have to choose any one from the above courses. Syllabus of these courses is available on the university website.

VEC 1: Constitution of India

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

Syllabus of this subject will be taken from the common syllabus of **Dr. Babasaheb Ambedkar Marathwada University**, which is available on the university website.

CC 2 : Yoga Education/ Sports and Fitness (Common for all the faculty)

Total Credits: 02

Total Contact Hours: 30 Hrs

Maximum Marks : 50

Yoga Education/ Sports and Fitness (Common for all the faculty)

Syllabus of this subject will be taken from the common syllabus of **Dr. Babasaheb Ambedkar Marathwada University**, which is available on the university website.