

**As per NEP 2020**



**UNIVERSITY OF MUMBAI**

**S. Z. S. P. Mandal's**

**SHRI PANCHAM KHEMRAJ MAHAVIDYALAYA**

**SAWANTWADI (Autonomous)**

**DIST: SINDHUDURG- 416 510, MAHARASHTRA**



**Syllabus for Approval**

**Certificate Course in Arts**

**B.A. (Psychology)**

**Syllabus for**

**Sem-I & II**

**Reference: GR dated 16<sup>th</sup> May 2023 for Credit structure**

**As per NEP 2020**



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Certificate Course in Arts**

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**Syllabus for  
Sem-I**

**Reference: GR dated 16<sup>th</sup> May 2023 for Credit structure**

# University of Mumbai



(As per NEP 2020)

| Sr. No. | Heading                              | Particulars   |
|---------|--------------------------------------|---|
| 1       | Title of the program                 | Fundamentals of Psychology Part I & II (Major Course) |
| 2       | Eligibility for Admission            | HSC   |
| 3       | Duration of program                  | 4 Years   |
| 4       | Intake Capacity                      | 120 Students  |
| 5       | Scheme of Examination                | Duration of program                                   |
| 6       | Standard of Passing                  | 40%   |
| 7       | Program Academic Level               | 4.5   |
| 8       | Pattern                              | Semester  |
| 9       | Status                               | New   |
| 10      | To be implemented from Academic Year | 2023 - 2024   |

**Sign of HOD/ Co-ordinator**

**Sign of Dean**

**Mr. Rajendra B. Shintre**

**Faculty of Arts**

**Department of Psychology**

# Preamble

## Introduction:

NEP has given rise to a novel dimension in fine tuning and accelerating the learning process of a student. Keeping this in mind the emergence of LOCF (Learning Outcome Based Framework) has taken place.

Psychology as a science/ social science tries to understand the behavior of an individual in different situations making the learner to get equipped with various abilities to lead life with refined knowledge and talent as well as making it more student centric.

In the present context the syllabi of Psychology (BA) is framed in such a way to gain fundamental and advanced knowledge of psychology along with enhanced skills set. Further, preparing the students to get ready to make the needs of the job market.

## Aims and Objectives:

Our program's objectives and outcomes are aligned with Learning Outcome Based Framework (LOCF) developed by the University Grants Commission (UGC). Psychology is a scientific discipline and profession as such, it is important that psychology majors:

1. Develop a strong research background and understanding of the scientific foundation of psychology.
2. Develop a knowledge base of human behavior across the broad areas of psychology.
3. Become aware of the applications of psychology in the professions associated with psychology.

## Program Outcomes (Pos):

The program Bachelor of Arts (BA) in Psychology sensitizes students to understand the basics of psychology and its applications in the various areas of life. The outcomes of said program inculcate various personal and psychological skills as well as shapes students' thinking in a manner that they can describe and explain human behavior within a scientific paradigm.

|            |   |
|------------|---|
| <b>PO1</b> | Gain understanding of the discipline.   |
| <b>PO2</b> | Exhibit higher order thinking skills such as critical thinking, reflective reasoning, problem solving, and decision making for everyday life. |
| <b>PO3</b> | Apply theoretical knowledge to socio-psychological problems and develop creative and innovative solutions.                                    |
| <b>PO4</b> | Demonstrate competencies to carry out empirical research in psychological science.  |
| <b>PO5</b> | Demonstrate personal and social values.   |

|            |  |
|------------|--|
| <b>PO6</b> | Identify career interest to pursue advanced studies and engage in lifelong learning.       |
| <b>PO7</b> | Exhibit employment skills with knowledge of professional ethics.                           |
| <b>PO8</b> | Act as social agencies to meet community needs and thereby contribute to social welfare.   |
| <b>PO9</b> | Exhibit leadership skills to lead and contribute towards national and international goals. |

### Program Specific Outcomes (PSOs):

On completion of the B.A Psychology program students will be able to:

|             |  |
|-------------|--|
| <b>PSO1</b> | Apply broad base of theoretical knowledge in everyday situation and develop interest in emerging trends to prepare for higher education.   |
| <b>PSO2</b> | Demonstrate researcher skills of scientific inquiry, ability to conduct psychological assessments, and controlled laboratory experiments under guided supervision to predict human cognition and behavior with an understanding of limitations.  |
| <b>PSO3</b> | Exhibit cognitive skills such as critical thinking, reasoning, problem solving to outline substantiated creative solutions for psycho-social problems that involve considerations such as public mental health, cultural sensitivity, social harmony, and environmental consciousness. |
| <b>PSO4</b> | Demonstrate civic leadership skills tempered with growth mindset to engage in activities that contribute to attainment of sustainable development goals and lifelong learning.   |
| <b>PSO5</b> | Build empowered youths with transferable skills to work in sectors such as schools, hospitals, remedial centers, industries under supervision with knowledge of professional ethics.   |

### Course Outcomes (Cos):

On completion of certificate course in Psychology students will be able to:

| <b>COURSE COMPONENT</b> | <b>COURSE</b>                                | <b>COURSE OUTCOMES</b>   |
|-------------------------|--|--|
| <b>MAJOR/MINOR</b>      | <b>FUNDAMENTALS OF PSYCHOLOGY I &amp; II</b> | <p><b>CO1:</b> Discuss the schools of thoughts, understand the research methods used in psychology, and develop interest in recent trends in psychology.</p> <p><b>CO2:</b> Identify basic processes and systems in the biological basis of behavior, and understand the various techniques involved brain research.</p> <p><b>CO3:</b> Evaluate the learning theories, design, and apply behavior modification techniques in everyday situations.</p> |

|  |  |  |
|--|--|--|
|  |  | <p><b>CO4:</b> Evaluate the different types of memory, models of memory, memory processes, and use memory enhancement techniques in day-to-day life.</p> <p><b>CO5:</b> Discuss the various theories of intelligence, and understand the relationship between cognition and language.</p> <p><b>CO6:</b> Examine the theories and components of motivation and emotion.</p> <p><b>CO7:</b> Understand the definition and meaning of the term personality and evaluate the various theories of personality.</p> <p><b>CO8:</b> Discuss the applications of statistics in social science research, compute the measures of central tendencies and create graphical illustration.</p> |
|--|--|--|

**SHRI PANCHAM KHEMRAJ MAHAVIDYALAYA SAWANTWADI (Autonomous)**

**DEPARTMENT OF PSYCHOLOGY**

**Proposed List of Major, Minor, Open Elective, Skill Enhancement Course, Ability Enhancement Compulsory Course, Indian Knowledge System Course, Vocational Skill Course, Details of Semesters  
(To be implemented from Academic Year 2023-24)**

**Program: Certificate Course**

**Class: BA**

**Semester: I**

| Sr. No.            | Course Code | Title of the Course                  | Category of Course | No. of Lecture Hours | No. of Lectures per Unit | Teaching Hours per week (L+P) | SEE        | CIE       | Total Marks | No. of Credits |
|--------------------|-------------|--------------------------------------|--------------------|----------------------|--------------------------|-------------------------------|------------|-----------|-------------|----------------|
| 1                  | A101PYT     | Fundamentals of Psychology-I         | Major              | 60                   | 15                       | 04+00                         | 60         | 40        | 100         | 4              |
| 2                  | A101PYT     | Fundamentals of Psychology-I         | Minor              | -                    | -                        | -                             | -          | -         | -           | -              |
| 3                  | PYOE101     | Sports Psychology-I                  | OE                 | 30                   | 10                       | 02+00                         | 40         | 10        | 50          | 2              |
| 4                  | PYSE101     | Life Skill Development-I             | SEC                | 30                   | 10                       | 02+00                         | 40         | 10        | 50          | 2              |
| 5                  | PYVS101     | Counselling Skills and Techniques -I | VSC                | 30                   | 10                       | 02+00                         | 40         | 10        | 50          | 2              |
| 6                  | PYIK101     | Indigenous Psychology                | IKS                | 30                   | 10                       | 02+00                         | 40         | 10        | 50          | 2              |
| <b>Sub - Total</b> |             |                                      |                    | <b>180</b>           | <b>55</b>                | <b>12 +00</b>                 | <b>220</b> | <b>80</b> | <b>300</b>  | <b>12</b>      |

**Program: Certificate Course**

**Class: BA**

**Semester: II**

| Sr. No.            | Course Code | Title of the Course                   | Category of Course | No. of Lecture Hours | No. of Lectures per Unit | Teaching Hours per week (L+P) | SEE        | CIE        | Total Marks | No. of Credits |
|--------------------|-------------|---------------------------------------|--------------------|----------------------|--------------------------|-------------------------------|------------|------------|-------------|----------------|
| 1                  | A102PYT     | Fundamentals of Psychology-II         | Major              | 60                   | 15                       | 04+00                         | 60         | 40         | 100         | 4              |
| 2                  | A102PYT     | Fundamentals of Psychology-II         | Minor              | -                    | -                        | -                             | -          | -          | -           | -              |
| 3                  | PYOE102     | Sports Psychology-II                  | OE                 | 30                   | 10                       | 02+00                         | 40         | 10         | 50          | 2              |
| 4                  | PYOE103     | Sports Psychology-III                 | OE                 | 30                   | 10                       | 02+00                         | 40         | 10         | 50          | 2              |
| 5                  | PYSE102     | Life Skill Development-II             | SEC                | 30                   | 10                       | 02+00                         | 40         | 10         | 50          | 2              |
| 6                  | PYVS102     | Counselling Skills and Techniques -II | VSC                | 30                   | 10                       | 02+00                         | 40         | 10         | 50          | 2              |
| <b>Sub - Total</b> |             |                                       |                    | <b>180</b>           | <b>55</b>                | <b>12+00</b>                  | <b>220</b> | <b>180</b> | <b>300</b>  | <b>12</b>      |

**Notes:**

One Hour of Lecture is equal to 1 Credit  
One Hour of Tutorial is equal to 1 Credit  
One Hour of Practical is equal to 1 Credit

**Acronyms Expanded**

MJ : Major  
MN : Minor  
OE : Open Elective Course  
SEC : Skill Enhancement Course  
IKS : Indian Knowledge System  
VSC : Vocational Skill Course  
SEE: Semester End examination  
CIE:- Continuous Internal Evaluation  
L : Lecture

## Shri Pancham Khemraj Mahavidyalaya, Sawantwadi

Proposed First Year Curriculum as per NEP 2020

### F. Y. B. A.: Department of Psychology

Proposed Structure for Major / Minor/OE/VSE/SEC/VEC/IKS/VEC

| Level      | Sem       | Major  | Minor   | OE   | SEC/VSC   | AEC/IKS/VEC                                |
|------------|-----------|--|---|--|---|--|
| <b>4.5</b> | <b>I</b>  | <b>A101PYT [4]</b><br>Fundamentals of<br>Psychology-I    | <b>A101PYT [4]</b><br>Fundamentals of<br>Psychology-I   | <b>PYOE101 [2]</b><br>Sports Psychology-I        | <b>PYSE101 [2]</b><br>Life Skill<br>Development-I             | <b>PYIK101</b><br>Indigenous<br>Psychology |
|            |           |  |   |  | <b>PYVS101[2]</b><br>Counselling Skills and<br>Techniques -I  |  |
|            | <b>II</b> | <b>A A102PYT [4]</b><br>Fundamentals of<br>Psychology-II | <b>A102GET [4]</b><br>Fundamentals of<br>Psychology-II) | <b>PYOE102 [2]</b> Basic Sports<br>Psychology-II | <b>PYSE102 [2]</b><br>Life Skill<br>Development-II            |  |
|            |           |  |   | <b>PYOE103 [2]</b> Basic Sports<br>Psychology-II | <b>PYVS102[2]</b><br>Counselling Skills and<br>Techniques -II |  |



**Shri Pancham Khemraj Mahavidyalaya, Sawantwadi**  
Proposed First Year Curriculum as per NEP 2020  
**Department of Psychology**  
**Proposed Structure for Major / Minor/OE/VSE/SEC/VEC/IKS/VEC**

| Semester                 | Paper Code     | Paper Title                           | Type         | Credits  |
|--------------------------|----------------|---------------------------------------|--------------|----------|
| <b>I</b><br>(Level 4.5)  | <b>A101PYT</b> | Fundamentals of Psychology-I          | <b>Major</b> | <b>4</b> |
|                          | <b>A101PYT</b> | Fundamentals of Psychology-I          | <b>Minor</b> | <b>4</b> |
|                          | <b>PYOE101</b> | Sports Psychology-I                   | <b>OE</b>    | <b>2</b> |
|                          | <b>PYSE101</b> | Life Skill Development-I              | <b>SEC</b>   | <b>2</b> |
|                          | <b>PYVS101</b> | Counselling Skills and Techniques -I  | <b>VSC</b>   | <b>2</b> |
|                          | <b>PYIK101</b> | Indigenous Psychology                 | <b>IKS</b>   | <b>2</b> |
| <b>II</b><br>(Level 4.5) | <b>A102PYT</b> | Fundamentals of Psychology-II         | <b>Major</b> | <b>4</b> |
|                          | <b>A102PYT</b> | Fundamentals of Psychology-II         | <b>Minor</b> | <b>4</b> |
|                          | <b>PYOE102</b> | Sports Psychology-II                  | <b>OE</b>    | <b>2</b> |
|                          | <b>PYOE103</b> | Sports Psychology-III                 | <b>OE</b>    | <b>2</b> |
|                          | <b>PYSE102</b> | Life Skill Development-II             | <b>SEC</b>   | <b>2</b> |
|                          | <b>PYVS102</b> | Counselling Skills and Techniques -II | <b>VSC</b>   | <b>2</b> |

### Credit Structure of the Program Arts Faculty

| Level         | Class             | Sem  | Major (Mandatory) |               | Major (Elective) |               | Minor         |               | Open Elective         |               | Vocational Skill Courses / Skill Enhancement Courses |               | Ability Enhancement Courses/Value Education Courses/Indian Knowledge System |               | Field Project/Internship/Community Engagement/Co-curricular Courses |               | TOTAL CREDITS | Degree   |    |
|---------------|-------------------|------|-------------------|---------------|------------------|---------------|---------------|---------------|-----------------------|---------------|--|---------------|---|---------------|---|---------------|---------------|--|----|
|               |                   |      | MAJOR SUBJECTS    | TOTAL CREDITS | MAJOR SUBJECTS   | TOTAL CREDITS | MINOR COURSES | TOTAL CREDITS | OPEN ELECTIVE COURSES | TOTAL CREDITS | VSEC COURSES   | TOTAL CREDITS | AEC,VEC, IKS COURSES  | TOTAL CREDITS | DETAILS OF FP/CE/CC   | TOTAL CREDITS |               |  |    |
| 4.5           | FYBA              | I    | MJ-01             | 4             | -                | 0             | MN-01         | 4             | OE-1                  | 2             | SEC  | 2             | AEC(CS)   | 2             | CC /NSS/NCC Studies/DLLE  | 2             | 22            | Exit Option : Award of UG Certificate in Major with 44 Credits and an additional 4 credits Core NSQF course/ Internship or Continue with Major and Minor |    |
|               |                   |      |                   |               |                  |               |               |               |                       |               | VSC  | 2             | VEC(EVS)  | 2             |   |               |               |  |    |
|               |                   | II   | MJ-02             | 4             | -                | 0             | MN-02         | 4             | OE-2                  | 4             | SEC  | 2             | AEC(CS)   | 2             | CC /NSS/NCC Studies/DLLE  | 2             | 22            |  |    |
|               |                   |      |                   |               |                  |               |               |               | OE-3                  |               | VSC  | 2             | VEC(EVS)  | 2             |   |               |               |  |    |
| 5             | SYBA              | III  | MJ-03             | 8             | -                | 0             | MN-03         | 4             | OE-4                  | 2             | VSC  | 2             | AEC(BC)   | 2             | CC /NSS/NCC Studies/DLLE  | 2             | 22            | Exit Option : Award of UG Diploma in Major with 88 Credits and an additional 4 credits Core NSQF course/ Internship or Continue with Major and Minor     |    |
|               |                   |      | MJ-04             |               |                  |               |               |               |                       |               |  |               | VEC(EVS)  | 2             |   |               |               |  |    |
|               |                   | IV   | MJ-05             | 8             | -                | 0             | MN-04         | 4             | OE-5                  | 2             | SEC  | 2             | AEC(BC)   | 2             | CC /NSS/NCC Studies/DLLE  | 2             | 22            |  |    |
|               |                   |      | MJ-06             |               |                  |               |               |               |                       |               | VSC  | 2             |   |               |   |               |               |  |    |
| 5.5           | TYBA              | V    | MJ-07             | 16            | MJE-01           | 4             | MN-05         | 2             |                       |               |  |               |   |               |   |               | 22            | Exit Option : Award of UG Degree in Major with 132 Credits or Continue with Major for Honours/ Research  |    |
|               |                   |      | MJ-08             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-09             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-10             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   | VI   | MJ-11             | 16            | MJE-02           | 4             |               |               |                       |               |  |               |   |               |   | RP-1          | 2             |  | 22 |
|               |                   |      | MJ-12             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-13             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-14             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
| Total Credits |                   |      | Major 56+8=64     |               |                  |               | Minor         | 18            | OE                    | 10            | VSEC   | 14            | AEC,VEC,IKS   | 16            | 10  | 132           |               |  |    |
| 6             | Fourth Year of BA | VII  | MJ-15             | 12            | MJE-03           | 4             | MN-06         | 4             |                       |               |  |               |   |               |   |               | 22            | Award of Bachelor of Arts Degree with Honours (with the completion of Courses equal to a minimum of 176 credits)   |    |
|               |                   |      | MJ-16             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-17             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-18             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   | VIII | MJ-19             | 12            | MJE-04           | 4             |               |               |                       |               |  |               |   |               |   | RP-2          | 4             |  | 22 |
|               |                   |      | MJ-20             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-21             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
|               |                   |      | MJ-22             |               |                  |               |               |               |                       |               |  |               |   |               |   |               |               |  |    |
| Total Credits |                   |      | Major 84+16=100   |               |                  |               | Minor         | 22            | OE                    | 10            | VSEC   | 14            | AEC,VEC,IKS   | 16            | 14  | 176           |               |  |    |

**Title of the Programme**  
**Certificate Course in Arts (B.A. Psychology)**

### **Team for Creation of Syllabus**

|   |   |
|---|---|
| <b>Mr. Rajendra Baburao Shintre (Chairperson)</b> |   |
| <b>Dr. Atish Somshekhar Taukari<br/>(Member)</b>  | <b>Dr. Anjali Sandeep Kedari (Member)</b>     |
| <b>Dr. Pravin Bhagwan Pargaonkar<br/>(Member)</b> | <b>Dr. Shirish Kashinath Shitole (Member)</b> |
| <b>Miss Nikita Gopal Vardam</b>                   | <b>Miss Angha Anil Dhuri (Member)</b>         |
| <b>Miss Chinmayee Ravindra Naik (Member)</b>      |   |

**Sign of HOD/Co-ordinator**

**Sign of Dean**

**Mr. Rajendra B. Shintre**

**Faculty of Arts**

**Department of Psychology**

**Letter Grades and Grade Points:**

| <b>Semester GPA/<br/>Program CGPA<br/>Semester /Program</b> | <b>% of Marks</b> | <b>ALPHA-Sign/Letter<br/>Grade Result</b> |
|---|-------------------|---|
| 9.00 -10.00   | 90.00 -100        | O (Outstanding)                           |
| 8.00 - < 9.00   | 80.0 - < 90.0     | A + (Excellent)                           |
| 7.00 - < 8.00   | 70.0 - < 80.0     | A (Very Good)                             |
| 6.00 - < 7.00   | 60.0 - < 70.0     | B + (Good)                                |
| 5.50 - < 6.00   | 55.0 - < 60.0     | B (Above Average)                         |
| 5.00 - < 5.50   | 50.0 - < 55.0     | C (Average)                               |
| 4.00 - < 5.00   | 40.0 - < 50.0     | P (Pass)                                  |
| Below 4.00  | Below 40.0        | F (Fail)                                  |
| Ab (Absent)   | -----             | Absent                                    |

**Sign of HOD/Co-ordinator**

**Sign of Dean**

**Mr. Rajendra B. Shintre**

**Faculty of Arts**

**Department of Psychology**

## Appendix B

### Justification For (Title of the New Course)

|    |   |   |
|----|---|---|
| 1. | Necessity for starting the course:  | <b>As per the provisions of NEP 2020 accepted by Maharashtra Government, it is necessary to start this course.</b>                  |
| 2. | Whether the UGC has recommended the course:   | <b>Yes</b>  |
| 3. | Whether all the courses have commenced from the Academic year 2023 -2024  | <b>Yes</b>  |
| 4. | The courses started by the University are self-financed, whether adequate number of eligible permanent faculties are available? | <b>It is aided and grantable. Yes, adequate number of teachers are available for this course.</b>                                   |
| 5. | To give details regarding the duration of the Course and is it possible to compress the course?                                 |   |
| 6. | The intake capacity of each course and no. of admissions given in the current academic year.                                    | <b>Admission is under process.</b>  |
| 7. | Opportunities of Employability/ Employment available after undertaking or completing these courses:                             | <b>Ample opportunities are available in both Government and in Private sectors. This course is also useful for self-employment.</b> |

**Sign of HOD/Co-ordinator**

**Sign of Dean**

**Mr. Rajendra B. Shintre**

**Faculty of Arts**

**Department of Psychology**

|   |
|---|
| <p style="text-align: center;"><b>Fundamentals of Psychology Part I</b><br/><b>(Major Course)</b></p> |
|---|

|                             |
|-----------------------------|
| 1.Syllabus as per NEP 2020: |
|-----------------------------|

|   |
|---|
| i) Name of the Program: <b>Certificate Course in Arts</b> |
|---|

|  |
|--|
| ii) Course Titles: <b>Fundamentals of Psychology Part I (Major Course)</b> |
|--|

|                                   |
|-----------------------------------|
| iii) Course Code: <b>MJA101PY</b> |
|-----------------------------------|

|  |
|--|
| iv) Credit Structure: <b>No. of Credits per Semester: 04</b> |
|--|

|  |
|--|
| v) No. of lectures per Unit: <b>15</b> |
|--|

|   |
|---|
| vi) No. of lectures per week: <b>4 lectures</b> |
|---|

|                           |
|---------------------------|
| 2. Scheme of Examination: |
|---------------------------|

- **Written Exam: 4 Questions 15 Marks each: 60 MRKS**
- **Internal Assessment: 40 Marks**
- **Total: 60 + 40 = 100**

**Syllabus for**  
**Fundamentals of Psychology Part I**  
**(Major/Minor Course)**

**Objectives of the Course:**

- To impart knowledge of the basic concepts and modern trends related to Psychology as well as research methods used in Psychology.
- To make the students aware of the applications of psychological concepts in various fields.
- To impart knowledge of the biological basis of the behavior.
- To develop understanding of various theories of learning.
- To develop understanding of the nature of memory, theories of memory.

**Course Outcomes:**

- Discuss the schools of thoughts, understand the research methods used in psychology, and develop interest in recent trends in psychology.
- Identify basic processes and systems in the biological basis of behavior, and understand the various techniques involved brain research.
- Evaluate the learning theories, design, and apply behavior modification techniques in everyday situations.
- Evaluate the different types of memory, models of memory, memory processes, and use memory enhancement techniques in day-to-day life.

**Specific Course Outcomes:**

By the end of the course, students are expected to:

- Understand the contributions given by the different schools of psychology and differentiate between the research methods used in psychology.
- Comprehend the structure of nervous system and understand the link between brain processes and behavior.
- Understand the nature of learning process and distinguish between various theories of learning.
- Develop understanding of memory process and apply memory enhancement techniques in life.

**Periods:** 60 Lectures (4 lectures per week) per semester



**Semester I**

| <b>Fundamentals of Psychology Part I</b> |         |                                   |           |
|--|---------|-----------------------------------|-----------|
| Semester I                               | Paper I | Fundamentals of Psychology Part I | 4 Credits |

| <b>Semester I</b> | <b>Fundamentals of Psychology Part I</b>   | 4 Credits              |
|-------------------|--|------------------------|
| <b>Unit I</b>     | <b>The Science of Psychology</b> <ul style="list-style-type: none"> <li>● The History of Psychology</li> <li>● The Field of Psychology Today</li> <li>● Scientific Research</li> <li>● Ethics of Psychological Research</li> <li>● Applying Psychology to Everyday Life</li> </ul>   | <b>15<br/>Lectures</b> |
| <b>Unit II</b>    | <b>The Biological Perspective</b> <ul style="list-style-type: none"> <li>● Neurons and Nerves: Building the Network</li> <li>● An Overview of the Nervous System</li> <li>● Distant Connections: The Endocrine Glands</li> <li>● Looking inside the Brain</li> <li>● From the Bottom-up: The Structure of the Brain</li> <li>● Applying Psychology to Everyday Life</li> </ul> | <b>15<br/>Lectures</b> |
| <b>Unit III</b>   | <b>Learning</b> <ul style="list-style-type: none"> <li>● Definition of Learning</li> <li>● Classical Conditioning and Operant Conditioning</li> <li>● Cognitive Learning Theory</li> <li>● Observational Learning</li> </ul>   | <b>15<br/>Lectures</b> |
| <b>Unit IV</b>    | <b>Memory</b> <ul style="list-style-type: none"> <li>● What is Memory?</li> <li>● The Information Processing Model: Three Memory Systems</li> <li>● Retrieval of Long-term Memories</li> <li>● Forgetting</li> <li>● Neuroscience of Memory</li> <li>● Applying Psychology to Everyday Life</li> </ul>   | <b>15<br/>Lectures</b> |

| <b>Evaluation: First Semester End Examination Pattern</b> |            |                          |
|---|------------|--------------------------|
| <b>Marks: 60</b>  |            | <b>Duration: 2 Hours</b> |
| Question 1  | : Unit I   | : 15 Marks               |
| Question 2  | : Unit II  | : 15 Marks               |
| Question 3  | : Unit III | : 15 Marks               |
| Question 4  | : Unit IV  | : 15 Marks               |

**Internal Evaluation: 40 Marks**

| <b>Sr. No.</b> | <b>Particulars</b>   | <b>Marks</b> |
|----------------|--|--------------|
| 01             | Written Test   | 20 Marks     |
| 02             | Written Assignment   | 10 Marks     |
| 03             | Attendance   | 05 Marks     |
| 04             | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks     |

### **Book for Study:**

**Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). Psychology. 5<sup>th</sup> Edition; Indian Adaptation, Pearson India Education Services Pvt. Ltd.**

### **Recommended Resources:**

- Baron R. A., Kalsher, M. J. (2008). Psychology: From Science to Practice. (2<sup>nd</sup> ed.). Pearson Education inc., Allyn and Bacon
- Ciccarelli, S. K. & Meyer, G.E. (2008). Psychology. (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- Ciccarelli, S. K., White, J. N. (2017). Psychology. 4<sup>th</sup> edi. New Jersey: Pearson Education
- Feist, G.J, & Rosenberg, E.L., (2010). Psychology: Making Connections. New York: McGraw Hill publications
- Feldman, R. S. (2013). Psychology and Your Life. 2<sup>nd</sup> edi. New York: McGraw Hill publications
- Feldman, R. S. (2013). Understanding Psychology. 11<sup>th</sup> edi. New York: McGraw Hill publications
- King, L. A. (2013). Experience Psychology. 2<sup>nd</sup> edi. New York: McGraw Hill publications
- Lahey, B. B (2012). Psychology: An Introduction. 11<sup>th</sup> edi. New York: McGraw Hill publications
- Meyers D. G (2013). Psychology. 10<sup>th</sup> edi. International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
- Schachter, D. L., Gilbert, D.T., & Wegner, D. M. (2011). Psychology. New York: Worth Publishers
- Wade, C. & Tavis, C. (2006). Psychology. (8<sup>th</sup> Ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi.

**Course: Sports Psychology (Open Elective Course-I)**

|                             |   |
|-----------------------------|---|
| 1.Syllabus as per NEP 2020: |   |
| i)                          | Name of the Program: <b>Certificate Course in Arts</b>                |
| ii)                         | Course Titles: <b>Sports Psychology Part I (Open Elective Course)</b> |
| iii)                        | Course Code: <b>PYOE101</b>   |
| iv)                         | Credit Structure: <b>No. of Credits per Semester: 02</b>              |
| v)                          | No. of lectures per Unit: <b>15</b>                                   |
| vi)                         | No. of lectures per week: <b>2 lectures</b>                           |
| 2. Scheme of Examination:   |   |

## **Sports Psychology Part I**

### **(Open Elective Course)**

Sport Psychology is the branch of Psychology that studies the effects of state of mind on sports performance. It deals with the interaction between psychological variables and performance in sports and physical activities.

#### **Objectives of the Course:**

- To introduce students about the common psychological issues in sports and application of psychological theories in real-life sporting situations.
- To acquaint students with the basic concepts of sport psychology.
- To help students to use and then apply various theories of psychology in the field of sport.
- To help students to improve their sport performance with the help of sport psychology.

#### **Course Outcomes:**

- Student will have basic knowledge of sport psychology.
- Student will be able to understand the relation between personality and sporting behavior.
- Students will be able to comprehend the relationship between personality development and sport.
- Students will be able to explore attitudes of themselves towards sport.
- Student will be able to understand the relation between aggression and sport.
- Students will be enabled to understand the role of social factors in sports behavior and sports performance.

#### **Specific Course Outcomes:**

##### **At the end of the course students will have:**

- Ability to apply the principles of sports psychology to improve their sports performance.
- Ability to improve sports performance with understanding of personality.
- Ability to explore attitudes towards sports.
- Ability to use of knowledge of social factors to understand sports behavior and sports performance.

**Periods:** 30 lectures (2 lectures per week) per semester

|                   |
|-------------------|
| <b>Semester I</b> |
|-------------------|

|  |
|--|
| <b>Sports Psychology (Open Elective)</b> |
|--|

|             |             |                               |           |
|-------------|-------------|-------------------------------|-----------|
| Semester I  | Paper – I   | Sports Psychology – Paper I   | 2 Credits |
| Semester II | Paper – II  | Sports Psychology – Paper II  | 2 Credits |
| Semester II | Paper – III | Sports Psychology – Paper III | 2 Credits |

|            |           |                             |           |
|------------|-----------|-----------------------------|-----------|
| Semester I | Paper – I | Sports Psychology – Paper I | 2 Credits |
|------------|-----------|-----------------------------|-----------|

| Semester I    | Sports Psychology – Paper I   | 2 Credits          |
|---------------|---|--------------------|
| <b>Unit 1</b> | <b>Introduction to Sport Psychology</b> <ul style="list-style-type: none"> <li>● Introduction</li> <li>● What is Sport Psychology?</li> <li>● A Brief History of Sport Psychology</li> <li>● For Those New to Psychology</li> </ul>                         | <b>15 Lectures</b> |
| <b>Unit 2</b> | <b>Personality Characteristics and Sporting Behavior</b> <ul style="list-style-type: none"> <li>● Trait Theories</li> <li>● Narrow-band Theories of Personality</li> <li>● Attentional Style</li> <li>● Situational and Interactional Approaches</li> </ul> | <b>15 Lectures</b> |

| <b>Evaluation: Second Semester End Examination Pattern</b> |   |             |                          |
|--|---|-------------|--------------------------|
| <b>Marks: 30</b>   |   |             | <b>Duration: 2 Hours</b> |
| Question 1   | : | Unit I      | : 10 Marks               |
| Question 2   | : | Unit II     | : 10 Marks               |
| Question 3   | : | Unit I & II | : 10 Marks               |

**Internal Evaluation: 20 Marks**

| Sr. No. | Particulars                     | Marks    |
|---------|---------------------------------|----------|
| 01      | Written Test or Online MCQ test | 10 Marks |
| 02      | Written Assignment              | 10 Marks |

### **Recommended References:**

- Buckworth, J., & Dishman, R. (2002). Exercise Psychology. Champaign, IL: Human Kinetics
- Matt Jarvis, (2006). Sport Psychology: A Student's Handbook. Routledge Publication
- Khadke, T.P. Sports Psychology. (2022). KSK Publication, New Delhi
- H. Singh, Sports Psychology. (2022). KSK Publication, New Delhi

**Course: Developing Life Skills-I  
(Semester I)  
(Skill Enhancement Course)**

1.Syllabus as per NEP 2020:

vii) Name of the Program: **Certificate Course in Arts**

viii) Course Titles: **Developing Life Skills I (Skill Enhancement Course)**

ix) Course Code: **PYSE101**

x) Credit Structure: **No. of Credits per Semester: 02**

xi) No. of lectures per Unit: **15**

xii) No. of lectures per week: **2 lectures**

2. Scheme of Examination:

- **Written Exam: 2 Questions of 15+15 Marks: 30 Marks**
- **Internal Assessment: 20 Marks**
- **Total: 30+20 = 50**



## **Developing Life Skills**

### **(Skill Enhancement Course)**

Life skills are defined as “the abilities that enable individuals to deal effectively with the demands and challenges of everyday life” (WHO definition, 1993). Life skills development programs are designed with the objective to enhance the wellbeing in young students and empower them to effectively cope with risky situations they encounter in daily lives.

#### **Objectives of the Course:**

- Develop understanding and importance of life skills among students.
- Develop and nurture positive outlook towards oneself.
- Explain the significance of creative and critical thinking in life.
- Aware students of effective communication.
- Imbibe the role of interpersonal relationships among the students.
- Help students to cope with stress and emotions.

#### **Course Outcomes:**

- Understand the need and importance of life skills in personal and professional life.
- Analyze the factors contributing to self-awareness, critical and creative thinking and enhance decision making and problem solving.
- Understand the importance of effective communication.
- Apply stress and emotional management in life.

#### **Specific Course Outcomes:**

##### **At the end of the course students will:**

- Able to apply life skills in everyday life.
- Clear understanding of oneself.
- Able to handle situations in life with creative and critical insight.
- Demonstrate effective communication ability.
- Manage stress and emotions effectively.

**Periods:** 30 lectures (2 lectures per week) per semester

|                   |
|-------------------|
| <b>Semester I</b> |
|-------------------|

|   |
|---|
| <b>Developing Life Skills Paper - I</b> |
|---|

|            |           |                                  |           |
|------------|-----------|----------------------------------|-----------|
| Semester I | Paper – I | Developing Life Skills – Paper I | 2 Credits |
|------------|-----------|----------------------------------|-----------|

| Semester I    | Developing Life Skills – Paper I   | 2 Credits          |
|---------------|--|--------------------|
| <b>Unit 1</b> | <b>Overview of Life Skills</b> <ul style="list-style-type: none"> <li>● Meaning and Significance of Life Skills</li> <li>● Life Skills Identified by WHO</li> <li>● Use of Life skills in personal and professional life</li> <li>● Life Skills Training – Models -4H</li> </ul>     | <b>10 Lectures</b> |
| <b>Unit 2</b> | <b>Self-awareness and Empathy</b> <ul style="list-style-type: none"> <li>● Definition and need for Self-awareness and Empathy</li> <li>● Self-esteem and Self-concept</li> <li>● Tools and Techniques of Self-awareness and Empathy</li> </ul>                                       | <b>10 Lectures</b> |
| <b>Unit 3</b> | <b>Critical and Creative Thinking</b> <ul style="list-style-type: none"> <li>● Definition and Need for Creativity</li> <li>● Convergent and Divergent Thinking</li> <li>● Meaning of Critical Thinking</li> <li>● Steps in Problem solving and Problem-solving Techniques</li> </ul> | <b>10 Lectures</b> |

| <b>Evaluation: First Semester End Examination</b> |  |                 |
|---|--|-----------------|
| <b>Pattern: 30 Marks</b>                          | <b>Duration: 1 ½ Hours</b>   |                 |
| Question 1:                                       | Unit 1   | : 10 Marks      |
| Question 2:                                       | Unit 2   | : 10 Marks      |
| Question 3:                                       | Unit 3   | : 10 Marks      |
|   | <b>Total</b>   | <b>30 Marks</b> |
| <b>Internal Evaluation</b>                        |  |                 |
| 01  | Written Assignment   | 10 Marks        |
| 02  | Attendance   | 05 Marks        |
| 03  | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks        |
|   | <b>Total</b>   | <b>20 Marks</b> |

### **Recommended References:**

- Shiv Khera, (2003). You Can Win, Macmillan Books, New York.
- Barun K. Mitra, (2017). Personality Development & Soft Skills, Oxford Publishers, Third Impression.
- Kalyna, (2016). Soft Skills for Managers. (1<sup>st</sup> edi.). Embassy Books.
- Shalini Verma, (2014). Development of Life Skills and Professional Practice. (1<sup>st</sup> edi.). Sultan Cnand(G/L) & Company.
- Butterfield Jelf, (2011). Soft Skills for Everyone. (1<sup>st</sup> edi.). Cengage Learning Pvt. Ltd.

**Course: Techniques of Counselling Paper I  
(Vocational Skill Course)**

1. Syllabus as per NEP 2020:

i. Name of the Program: **Certificate Course in Arts**

ii. Course Titles: **Techniques of Counselling Paper I  
(Vocation Skill Course)**

iii. Course Code: **PYVS101**

iv. Credit Structure: **No. of Credits per Semester: 02**

v. No. of lectures per Unit: **15**

vi. No. of lectures per week: **2 lectures**

2. Scheme of Examination:

- **Written Exam: 3 Questions of 10 Marks Each Total Marks = 30 Marks**
- **Internal Assessment: 20 Marks**
- **Total: 30+20 = 50**

## **Course: Techniques of Counselling Paper I**

### **(Vocational Skill Course)**

This course will equip students with the in-depth knowledge of counselling techniques derived from various theories of counselling. The course involves an introductory knowledge of major techniques of guidance and counselling with particular attention to the process of counselling and application of in Indian setting.

#### **Objectives of the Course:**

- Explain the concept and basic principles of counselling.
- Discuss the procedures and processes of counselling.
- Highlights the stages of counselling processes and procedures.
- Discuss various counselling skills and techniques.
- Discuss ethical considerations in the use of counselling techniques.

#### **Course Outcomes:**

- Student will be able to have overview of the concept and principles of counselling.
- Students will be able to understand the principles and procedures of counselling.
- Student will be able to analyze the theories regarding counselling.
- Students will be able to use various counselling techniques taking cognizance of ethical considerations.

#### **Specific Course Outcomes:**

By the end of the course the students will be able to:

- Understand the meaning of the concept and principles of counselling.
- Deepen their understanding of various techniques of counselling.
- Apply various counselling techniques in professional setting.

**Periods:** 30 lectures (2 lectures per week) per semester

|                   |
|-------------------|
| <b>Semester I</b> |
|-------------------|

|  |
|--|
| <b>Paper – I Techniques of Counselling Paper I</b> |
|--|

|            |           |                                   |           |
|------------|-----------|-----------------------------------|-----------|
| Semester I | Paper – I | Techniques of Counselling Paper I | 2 Credits |
|------------|-----------|-----------------------------------|-----------|

| Semester I    | Techniques of Counselling – Paper I  | 2 Credits          |
|---------------|--|--------------------|
| <b>Unit 1</b> | <b>Overview of the Concept and Principles of Counselling</b> <ul style="list-style-type: none"> <li>● Meaning of Counselling</li> <li>● Types of Counselling</li> <li>● Principles of Counselling</li> <li>● Counsellor Characteristics</li> </ul>                                     | <b>12 Lectures</b> |
| <b>Unit 2</b> | <b>Counselling Approaches</b> <ul style="list-style-type: none"> <li>● Types of Counselling Approaches</li> </ul>  | <b>06 Lectures</b> |
| <b>Unit 3</b> | <b>Methods, Techniques, &amp; Strategies of Counselling</b> <ul style="list-style-type: none"> <li>● Meaning of Techniques of Counselling</li> <li>● Meaning of Strategies of Counselling</li> <li>● Relationship among methods, techniques &amp; Strategies of Counselling</li> </ul> | <b>12 Lectures</b> |

| <b>Evaluation: First Semester End Examination</b> |  |                            |
|---|--|----------------------------|
| <b>Pattern: 30 Marks</b>                          |  | <b>Duration: 1 ½ Hours</b> |
| Question 1:                                       | Unit 1   | : 10 Marks                 |
| Question 2:                                       | Unit 2   | : 10 Marks                 |
| Question 3:                                       | Unit 3   | : 10 Marks                 |
|   | <b>Total</b>   | <b>30 Marks</b>            |
| <b>Internal Evaluation</b>                        |  |                            |
| 01  | Written Assignment   | 10 Marks                   |
| 02  | Attendance   | 05 Marks                   |
| 03  | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks                   |
|   | <b>Total</b>   | <b>20 Marks</b>            |

## Recommended References:

- John McLeod, (1993). An Introduction to Counselling. (5<sup>th</sup> edi.). Maidenhead, Open University Press.
- David Geldard, (2002). Counselling Skills in Everyday Life. (1<sup>st</sup> edi.). Palgrave.
- McLeod, J. & McLeod, J. (2011). Counselling Skills: A Practical Guide for Counsellors and Helping Professionals. (2<sup>nd</sup> edi.). Maidenhead, Open University Press.
- G. Lokanadha Reddy & T.C. Thankachan (2022). Guidance and Counselling. (1<sup>st</sup> edi.). Bookmandy, New Delhi.
- McLeod, J. & McLeod, J. (2011). Counselling Skills: Theory, Research & Practice. (3<sup>rd</sup> edi.). Open University Press.

## **Indigenous Psychology/Indian Psychological Thought**

### **(Indian Knowledge System)**

Indian Psychology is an approach to psychology based on the consciousness-centered understanding of reality that originated in the Indian civilization. Its psychological insights, practical know-how and life-affirming spirituality can make valuable contributions to almost every aspect of modern psychology.

#### **Objectives of the Course:**

- To acquaint students with diverse perspectives on the discipline of psychology.
- To help students to understand the notion of mind from the perspective of Indian Psychology.
- To help students to comprehend the role of yoga in health and wellbeing.

#### **Course Outcomes:**

- Students will have knowledge of diverse perspectives of psychology.
- Students will understand the notion of self from the lens of Indian Psychology.
- Students will consider the role of yoga in health and wellbeing.

#### **Specific Course Outcomes:**

By the end of this course, students would be able to:

- Differentiate between diverse perspectives of psychology.
- Understand the notion of self from the view point of Indian Psychology.
- Use yoga exercises to enhance health and wellbeing.

**Periods:** 30 lectures (2 lectures per week) per semester



|                   |
|-------------------|
| <b>Semester I</b> |
|-------------------|

|   |
|---|
| <b>Indigenous Psychology/Indian Psychological Thought<br/>(Indian Knowledge System)</b> |
|---|

|            |         |  |           |
|------------|---------|--|-----------|
| Semester I | Paper – | <b>Indigenous Psychology<br/>(Indian Knowledge System)</b> | 2 Credits |
|------------|---------|--|-----------|

|                   |  |                    |
|-------------------|--|--------------------|
| <b>Semester I</b> | <b>Indigenous Psychology<br/>(Indian Knowledge System)</b>   | <b>2 Credits</b>   |
| <b>Unit 1</b>     | <b>Diverse Perspectives on the Discipline of Psychology</b> <ul style="list-style-type: none"> <li>● Biological, Social, and Cultural Perspectives</li> <li>● Relationship between Culture and Psychology</li> <li>● Cross-cultural and Indigenous Psychologies</li> </ul>                               | <b>10 Lectures</b> |
| <b>Unit 2</b>     | <b>The Notion of Self and Worldviews</b> <ul style="list-style-type: none"> <li>● Problems of Self and Understanding</li> <li>● The Notions of Mind, Consciousness, and Spirituality</li> <li>● Methods of Knowing in Indian Tradition with reference to Sankhya, Vedanta, Yoga, and Buddhism</li> </ul> | <b>10 Lectures</b> |
| <b>Unit 3</b>     | <b>Health and Wellbeing: Yoga and Meditation</b> <ul style="list-style-type: none"> <li>● Pranayama, Mudra, Bandhas, Pratyahara, Dharma, Dhyana, Compassionate Action</li> <li>● Indian Perspectives on Values, Morality, &amp; Justice</li> </ul>   | <b>10 Lectures</b> |

|   |  |                            |
|---|--|----------------------------|
| <b>Evaluation: First Semester End Examination</b> |  |                            |
| <b>Pattern: 30 Marks</b>                          |  | <b>Duration: 1 ½ Hours</b> |
| Question 1:                                       | Unit 1   | : 10 Marks                 |
| Question 2:                                       | Unit 2   | : 10 Marks                 |
| Question 3:                                       | Unit 3   | : 10 Marks                 |
|   | <b>Total</b>   | <b>30 Marks</b>            |
| <b>Internal Evaluation</b>                        |  |                            |
| 01  | Written Assignment   | 10 Marks                   |
| 02  | Attendance   | 05 Marks                   |
| 03  | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks                   |
|   | <b>Total</b>   | <b>20 Marks</b>            |

### **Recommended References:**

- Safaya, R. (1975). Indian Psychology. New Delhi: Munshiram Manoharlal Publishers.
- Dalal, A.S. (Ed.). (2011). A Greater Psychology: An Introduction to the Psychological Thought of Sri Aurobindo, New York: Penguin Putnam Inc.
- Rao, K.R. & Paranjape, A.C (2016). Psychology in the Indian Tradition: New Delhi: India: Springer Pvt. Ltd.
- Kuppaswamy, B. (1990). Elements of Ancient Indian Psychology. Delhi: Konark Publishers Pvt Ltd.

**As per NEP 2020**



**UNIVERSITY OF MUMBAI**

**S. Z. S. P. Mandal's**

**SHRI PANCHAM KHEMRAJ MAHAVIDYALAYA**

**SAWANTWADI (Autonomous)**

**DIST: SINDHUDURG- 416 510, MAHARASHTRA**



**Syllabus for Approval  
Certificate Course in Arts**

**B.A. (Psychology)**

**Syllabus for  
Sem-II**

**Reference: GR dated 16<sup>th</sup> May 2023 for Credit structure**

|  |
|--|
| <p style="text-align: center;"><b>Fundamentals of Psychology Part II</b><br/><b>(Major Course)</b></p> |
|--|

|                             |
|-----------------------------|
| 1.Syllabus as per NEP 2020: |
|-----------------------------|

|   |
|---|
| vii) Name of the Program: <b>Certificate Course in Arts</b> |
|---|

|   |
|---|
| viii) Course Titles: <b>Fundamentals of Psychology Part II (Major Course)</b> |
|---|

|                                  |
|----------------------------------|
| ix) Course Code: <b>MJA102PY</b> |
|----------------------------------|

|   |
|---|
| x) Credit Structure: <b>No. of Credits per Semester: 04</b> |
|---|

|   |
|---|
| xi) No. of lectures per Unit: <b>15</b> |
|---|

|  |
|--|
| xii) No. of lectures per week: <b>4 lectures</b> |
|--|

|                           |
|---------------------------|
| 2. Scheme of Examination: |
|---------------------------|

- **Written Exam: 4 Questions 15 Marks each: 60 MRKS**
- **Internal Assessment: 40 Marks**
- **Total: 60 + 40 = 100**

**Syllabus for**  
**Fundamentals of Psychology Part II**  
**(Major/Minor Course)**

**Objectives of the Course:**

- To impart knowledge of the basic concepts and modern trends related to Psychology as well as research methods used in Psychology.
- To make the students aware of the applications of psychological concepts in various fields.
- To impart knowledge of the biological basis of the behavior.
- To develop understanding of various theories of learning.
- To develop understanding of the nature of memory, theories of memory.

**Course Outcomes:**

- Discuss the schools of thoughts, understand the research methods used in psychology, and develop interest in recent trends in psychology.
- Identify basic processes and systems in the biological basis of behavior, and understand the various techniques involved brain research.
- Evaluate the learning theories, design, and apply behavior modification techniques in everyday situations.
- Evaluate the different types of memory, models of memory, memory processes, and use memory enhancement techniques in day-to-day life.

**Specific Course Outcomes:**

By the end of the course, students are expected to:

- Understand the contributions given by the different schools of psychology and differentiate between the research methods used in psychology.
- Comprehend the structure of nervous system and understand the link between brain processes and behavior.
- Understand the nature of learning process and distinguish between various theories of learning.
- Develop understanding of memory process and apply memory enhancement techniques in life.

**Periods:** 60 Lectures (4 lectures per week) per semester

**Semester II**

**Fundamentals of Psychology Part II**

|             |         |                                    |           |
|-------------|---------|------------------------------------|-----------|
| Semester II | Paper I | Fundamentals of Psychology Part II | 4 Credits |
|-------------|---------|------------------------------------|-----------|

| <b>Semester II</b> | <b>Fundamentals of Psychology Part II</b>  | <b>4 Credits</b>   |
|--------------------|--|--------------------|
| <b>Unit I</b>      | <b>Cognition: Thinking, Intelligence, and Language</b> <ul style="list-style-type: none"> <li>● How People Think?</li> <li>● Intelligence</li> <li>● Language</li> <li>● Applying Psychology to Everyday Life</li> </ul>   | <b>15 Lectures</b> |
| <b>Unit II</b>     | <b>Motivation and Emotion</b> <ul style="list-style-type: none"> <li>● Approaches to Understanding Motivation</li> <li>● What, Hungry Again? Why People Eat?</li> <li>● Emotion</li> <li>● Culture and Emotions</li> <li>● Applying Psychology to Everyday Life</li> </ul>   | <b>15 Lectures</b> |
| <b>Unit III</b>    | <b>Theories of Personality</b> <ul style="list-style-type: none"> <li>● Psychodynamic Perspective</li> <li>● The Behavioral and Social Cognitive View of Personality</li> <li>● Humanism and Personality</li> <li>● Trait Theories</li> <li>● Assessment of Personality</li> <li>● Applying Psychology to Everyday Life</li> </ul> | <b>15 Lectures</b> |
| <b>Unit IV</b>     | <b>Statistics in Psychology</b> <ul style="list-style-type: none"> <li>● What are Statistics?</li> <li>● Descriptive Statistics</li> <li>● Inferential Statistics</li> </ul>   | <b>15 Lectures</b> |

| <b>Evaluation: Second Semester End Examination Pattern</b> |            |                          |
|--|------------|--------------------------|
| <b>Marks: 60</b>   |            | <b>Duration: 2 Hours</b> |
| Question 1   | : Unit I   | : 15 Marks               |
| Question 2   | : Unit II  | : 15 Marks               |
| Question 3   | : Unit III | : 15 Marks               |
| Question 4   | : Unit IV  | : 15 Marks               |

**Internal Evaluation: 40 Marks**

| <b>Sr. No.</b> | <b>Particulars</b>   | <b>Marks</b> |
|----------------|--|--------------|
| 01             | Written Test   | 20 Marks     |
| 02             | Written Assignment   | 10 Marks     |
| 03             | Attendance   | 05 Marks     |
| 04             | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks     |

### **Book for Study:**

**Ciccarelli, S. K., White, J. N., & Mishra, G. (2018). Psychology. 5<sup>th</sup> Edition; Indian Adaptation, Pearson India Education Services Pvt. Ltd.**

### **Recommended Resources:**

- Baron R. A., Kalsher, M. J. (2008). Psychology: From Science to Practice. (2<sup>nd</sup> ed.). Pearson Education inc., Allyn and Bacon
- Ciccarelli, S. K. & Meyer, G.E. (2008). Psychology. (Indian sub-continent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- Ciccarelli, S. K., White, J. N. (2017). Psychology. 4<sup>th</sup> edi. New Jersey: Pearson Education
- Feist, G.J, & Rosenberg, E.L., (2010). Psychology: Making Connections. New York: McGraw Hill publications
- Feldman, R. S. (2013). Psychology and Your Life. 2<sup>nd</sup> edi. New York: McGraw Hill publications
- Feldman, R. S. (2013). Understanding Psychology. 11<sup>th</sup> edi. New York: McGraw Hill publications
- King, L. A. (2013). Experience Psychology. 2<sup>nd</sup> edi. New York: McGraw Hill publications
- Lahey, B. B (2012). Psychology: An Introduction. 11<sup>th</sup> edi. New York: McGraw Hill publications
- Meyers D. G (2013). Psychology. 10<sup>th</sup> edi. International edition. New York: Worth Palgrave Macmillan, Indian reprint 2013
- Schachter, D. L., Gilbert, D.T., & Wegner, D. M. (2011). Psychology. New York: Worth Publishers
- Wade, C. & Tavis, C. (2006). Psychology. (8<sup>th</sup> Ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi.



**Course: Sports Psychology (Open Elective Course-II)**

1.Syllabus as per NEP 2020:

xiii) Name of the Program: **Certificate Course in Arts**

xiv) Course Titles: **Sports Psychology Part II (Open Elective Course)**

xv) Course Code: **PYOE102/PYOE103**

xvi) Credit Structure: **No. of Credits per Semester: 02**

xvii) No. of lectures per Unit: **15**

xviii) No. of lectures per week: **2 lectures**

2. Scheme of Examination:

## **Sports Psychology Part II**

### **(Open Elective Course)**

Sport Psychology is the branch of Psychology that studies the effects of state of mind on sports performance. It deals with the interaction between psychological variables and performance in sports and physical activities.

#### **Objectives of the Course:**

- To introduce students about the common psychological issues in sports and application of psychological theories in real-life sporting situations.
- To acquaint students with the basic concepts of sport psychology.
- To help students to use and then apply various theories of psychology in the field of sport.
- To help students to improve their sport performance with the help of sport psychology.

#### **Course Outcomes:**

- Student will have basic knowledge of sport psychology.
- Student will be able to understand the relation between personality and sporting behavior.
- Students will be able to comprehend the relationship between personality development and sport.
- Students will be able to explore attitudes of themselves towards sport.
- Student will be able to understand the relation between aggression and sport.
- Students will be enabled to understand the role of social factors in sports behavior and sports performance.

#### **Specific Course Outcomes:**

##### **At the end of the course students will have:**

- Ability to apply the principles of sports psychology to improve their sports performance.
- Ability to improve sports performance with understanding of personality.
- Ability to explore attitudes towards sports.
- Ability to use of knowledge of social factors to understand sports behavior and sports performance.

**Periods:** 30 lectures (2 lectures per week) per semester

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| <b>Semester II</b> |
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| <b>Sports Psychology (Open Elective)</b> |
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|             |            |                              |           |
|-------------|------------|------------------------------|-----------|
| Semester II | Paper – II | Sports Psychology – Paper II | 2 Credits |
|-------------|------------|------------------------------|-----------|

| <b>Semester II</b> | <b>Sports Psychology – Paper II</b>   | <b>2 Credits</b>   |
|--------------------|---|--------------------|
| <b>Unit 1</b>      | <p><b>Personality Development and Sport</b></p> <ul style="list-style-type: none"> <li>● Social Learning Theory and Its Application in Sport</li> <li>● Sources of Influence on Social Development and Sport</li> <li>● Gender and Sport</li> <li>● Sport as an Influence on Social Development</li> <li>● The Psychodynamic Approach to Personality Development</li> </ul> | <b>15 Lectures</b> |
| <b>Unit 2</b>      | <p><b>Attitudes to Sport</b></p> <ul style="list-style-type: none"> <li>● The Nature of Attitudes</li> <li>● Measuring Attitudes</li> <li>● The Formation of Attitudes to Sport</li> <li>● Attitudes to Competition</li> <li>● Attitudes to Sport and Sporting Behavior</li> <li>● Changing People’s Attitudes to Sport</li> </ul>  | <b>15 Lectures</b> |

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| <b>Semester II</b> |
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| <b>Sports Psychology (Open Elective)</b> |
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|             |             |                               |           |
|-------------|-------------|-------------------------------|-----------|
| Semester II | Paper – III | Sports Psychology – Paper III | 2 Credits |
|-------------|-------------|-------------------------------|-----------|

| <b>Semester II</b> | <b>Sports Psychology – Paper III</b>  | <b>2 Credits</b>   |
|--------------------|---|--------------------|
| <b>Unit 1</b>      | <b>Aggression and Sport</b> <ul style="list-style-type: none"> <li>● Defining Aggression</li> <li>● The Link Between Aggression and Sport Performance</li> <li>● Theories of Aggression</li> <li>● Individual Differences in Sporting Aggression</li> </ul> | <b>15 Lectures</b> |
| <b>Unit 2</b>      | <b>Social Factors in Sporting Performance</b> <ul style="list-style-type: none"> <li>● Groups and Teams</li> <li>● Social Facilitation</li> <li>● Negative Effects of Team Membership</li> <li>● Leadership</li> </ul>                                      | <b>15 Lectures</b> |

| <b>Evaluation: Second Semester End Examination Pattern</b> |               |                          |
|--|---------------|--------------------------|
| <b>Marks: 30</b>   |               | <b>Duration: 2 Hours</b> |
| Question 1   | : Unit I      | : 10 Marks               |
| Question 2   | : Unit II     | : 10 Marks               |
| Question 3   | : Unit I & II | : 10 Marks               |

**Internal Evaluation: 20 Marks**

| <b>Sr. No.</b> | <b>Particulars</b>              | <b>Marks</b> |
|----------------|---------------------------------|--------------|
| 01             | Written Test or Online MCQ test | 10 Marks     |
| 02             | Written Assignment              | 10 Marks     |

**Recommended References:**

- Buckworth, J., & Dishman, R. (2002). Exercise Psychology. Champaign, IL: Human Kinetics
- Matt Jarvis, (2006). Sport Psychology: A Student's Handbook. Routledge Publication
- Khadke, T.P. Sports Psychology. (2022). KSK Publication, New Delhi
- H. Singh, Sports Psychology. (2022). KSK Publication, New Delhi

**Course: Developing Life Skills**  
**(Semester II)**  
**(Skill Enhancement Course)**

1. Syllabus as per NEP 2020:

xix) Name of the Program: **Certificate Course in Arts**

xx) Course Titles: **Developing Life Skills II (Skill Enhancement Course)**

xxi) Course Code: **PYSE102**

xxii) Credit Structure: **No. of Credits per Semester: 02**

xxiii) No. of lectures per Unit: **15**

xxiv) No. of lectures per week: **2 lectures**

2. Scheme of Examination:

- **Written Exam: 2 Questions of 15+15 Marks: 30 Marks**
- **Internal Assessment: 20 Marks**
- **Total: 30+20 = 50**

## **Developing Life Skills**

### **(Skill Enhancement Course)**

Life skills are defined as “the abilities that enable individuals to deal effectively with the demands and challenges of everyday life” (WHO definition, 1993). Life skills development programs are designed with the objective to enhance the wellbeing in young students and empower them to effectively cope with risky situations they encounter in daily lives.

#### **Objectives of the Course:**

- Develop understanding and importance of life skills among students.
- Develop and nurture positive outlook towards oneself.
- Explain the significance of creative and critical thinking in life.
- Aware students of effective communication.
- Imbibe the role of interpersonal relationships among the students.
- Help students to cope with stress and emotions.

#### **Course Outcomes:**

- Understand the need and importance of life skills in personal and professional life.
- Analyze the factors contributing to self-awareness, critical and creative thinking and enhance decision making and problem solving.
- Understand the importance of effective communication.
- Apply stress and emotional management in life.

#### **Specific Course Outcomes:**

##### **At the end of the course students will:**

- Able to apply life skills in everyday life.
- Clear understanding of oneself.
- Able to handle situations in life with creative and critical insight.
- Demonstrate effective communication ability.
- Manage stress and emotions effectively.

**Periods:** 30 lectures (2 lectures per week) per semester

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| <b>Semester II</b> |
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|---|
| <b>Developing Life Skills Paper – II<br/>(Skill Enhancement Course)</b> |
|---|

|             |            |                                   |           |
|-------------|------------|-----------------------------------|-----------|
| Semester II | Paper – II | Developing Life Skills – Paper II | 2 Credits |
|-------------|------------|-----------------------------------|-----------|

| <b>Semester II</b> | <b>Developing Life Skills – Paper II</b>  | <b>2 Credits</b>   |
|--------------------|---|--------------------|
| <b>Unit 1</b>      | <b>Effective Communication</b> <ul style="list-style-type: none"> <li>● Importance and Significance of Communication</li> <li>● Communication Cycle</li> <li>● Communication Styles</li> <li>● Fundamentals of Effective Communication</li> </ul>                 | <b>10 Lectures</b> |
| <b>Unit 2</b>      | <b>Interpersonal relationships</b> <ul style="list-style-type: none"> <li>● Basics of Interpersonal Relationships</li> <li>● Need of Interpersonal Relationships</li> <li>● Activities for Understanding and Developing Interpersonal Relationships</li> </ul>    | <b>10 Lectures</b> |
| <b>Unit 3</b>      | <b>Coping with Emotions and Stress</b> <ul style="list-style-type: none"> <li>● Positive and Negative Emotions</li> <li>● Basics of Coping with Emotions</li> <li>● Stress: Meaning and Types</li> <li>● Coping with Stress</li> <li>● Managing Stress</li> </ul> | <b>10 Lectures</b> |



| <b>Evaluation: Second Semester End Examination</b> |  |                            |
|--|--|----------------------------|
| <b>Pattern: 30 Marks</b>                           |  | <b>Duration: 1 ½ Hours</b> |
| Question 1:  | Unit 1   | : 10 Marks                 |
| Question 2:  | Unit 2   | : 10 Marks                 |
| Question 3:  | Unit 3   | : 10 Marks                 |
|  | <b>Total</b>   | <b>30 Marks</b>            |
| <b>Internal Evaluation</b>                         |  |                            |
| 01   | Written Assignment   | 10 Marks                   |
| 02   | Attendance   | 05 Marks                   |
| 03   | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks                   |
|  | <b>Total</b>   | <b>20 Marks</b>            |

### **Recommended References:**

- Shiv Khera, (2003). You Can Win, Macmillan Books, New York.
- Barun K. Mitra, (2017). Personality Development & Soft Skills, Oxford Publishers, Third Impression.
- Kalyna, (2016). Soft Skills for Managers. (1<sup>st</sup> edi.). Embassy Books.
- Shalini Verma, (2014). Development of Life Skills and Professional Practice. (1<sup>st</sup> edi.). Sultan Cnand(G/L) & Company.
- Butterfield Jelf, (2011). Soft Skills for Everyone. (1<sup>st</sup> edi.). Cengage Learning Pvt. Ltd.

**Course: Techniques of Counselling Paper II**  
**(Vocational Skill Course)**

1. Syllabus as per NEP 2020:

vii. Name of the Program: **Certificate Course in Arts**

viii. Course Titles: **Techniques of Counselling Paper II**  
**(Vocation Skill Course)**

ix. Course Code: **PYVS102**

x. Credit Structure: **No. of Credits per Semester: 02**

xi. No. of lectures per Unit: **15**

xii. No. of lectures per week: **2 lectures**

2. Scheme of Examination:

- **Written Exam: 3 Questions of 10 Marks Each Total Marks = 30 Marks**
- **Internal Assessment: 20 Marks**
- **Total: 30+20 = 50**

## **Course: Techniques of Counselling Paper II**

### **(Vocational Skill Course)**

This course will equip students with the in-depth knowledge of counselling techniques derived from various theories of counselling. The course involves an introductory knowledge of major techniques of guidance and counselling with particular attention to the process of counselling and application of in Indian setting.

#### **Objectives of the Course:**

- Explain the concept and basic principles of counselling.
- Discuss the procedures and processes of counselling.
- Highlights the stages of counselling processes and procedures.
- Discuss various counselling skills and techniques.
- Discuss ethical considerations in the use of counselling techniques.

#### **Course Outcomes:**

- Student will be able to have overview of the concept and principles of counselling.
- Students will be able to understand the principles and procedures of counselling.
- Student will be able to analyze the theories regarding counselling.
- Students will be able to use various counselling techniques taking cognizance of ethical considerations.

#### **Specific Course Outcomes:**

By the end of the course the students will be able to:

- Understand the meaning of the concept and principles of counselling.
- Deepen their understanding of various techniques of counselling.
- Apply various counselling techniques in professional setting.

**Periods:** 30 lectures (2 lectures per week) per semester

## Semester II

### Paper – I Techniques of Counselling Paper II

|             |            |                                    |           |
|-------------|------------|------------------------------------|-----------|
| Semester II | Paper – II | Techniques of Counselling Paper II | 2 Credits |
|-------------|------------|------------------------------------|-----------|

| Semester II   | Techniques of Counselling – Paper II   | 2 Credits          |
|---------------|--|--------------------|
| <b>Unit 1</b> | <b>Counselling Procedures &amp; Processes</b> <ul style="list-style-type: none"> <li>● Meaning of Counselling Procedure</li> <li>● Essentials of Counselling and Counsellor Qualities</li> <li>● Stages of Counselling Procedure and Processes</li> </ul>  | <b>10 Lectures</b> |
| <b>Unit 2</b> | <b>Counselling Skills I</b> <ul style="list-style-type: none"> <li>● Meaning and History of Counselling Skills</li> <li>● Introduction of Counselling Skills: Listening Skill, Questioning Skill, Summarization Skill, Reframing Skill, Paraphrasing Skill, Empathy Skill, Reflection of Meaning Skill, &amp; Capping Counselling Skill</li> </ul> | <b>10 Lectures</b> |
| <b>Unit 3</b> | <b>Counselling Skills II</b> <ul style="list-style-type: none"> <li>● Engagement Skill, Encouragement Skill, Congruence Skill, Focusing Skill, Self-disclosure Skill, Structuring Skill, Clarification Skill, Interpretation Skill, Verbal Tracking Skill</li> </ul>   | <b>10 Lectures</b> |

| <b>Evaluation: Second Semester End Examination</b> |  |                            |
|--|--|----------------------------|
| <b>Pattern: 30 Marks</b>                           |  | <b>Duration: 1 ½ Hours</b> |
| Question 1:  | Unit 1   | : 10 Marks                 |
| Question 2:  | Unit 2   | : 10 Marks                 |
| Question 3:  | Unit 3   | : 10 Marks                 |
|  | <b>Total</b>   | <b>30 Marks</b>            |
| <b>Internal Evaluation</b>                         |  |                            |
| 01   | Written Assignment   | 10 Marks                   |
| 02   | Attendance   | 05 Marks                   |
| 03   | Manners, etiquette and in general behavior as a responsible student related to the academic activities | 05 Marks                   |
|  | <b>Total</b>   | <b>20 Marks</b>            |

### **Recommended References:**

- John McLeod, (1993). An Introduction to Counselling. (5<sup>th</sup> edi.). Maidenhead, Open University Press.
- David Geldard, (2002). Counselling Skills in Everyday Life. (1<sup>st</sup> edi.). Palgrave.
- McLeod, J. & McLeod, J. (2011). Counselling Skills: A Practical Guide for Counsellors and Helping Professionals. (2<sup>nd</sup> edi.). Maidenhead, Open University Press.
- G. Lokanadha Reddy & T.C. Thankachan (2022). Guidance and Counselling. (1<sup>st</sup> edi.). Bookmandy, New Delhi.
- McLeod, J. & McLeod, J. (2011). Counselling Skills: Theory, Research & Practice. (3<sup>rd</sup> edi.). Open University Press.