DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, CHHATRAPATI SAMBHAJINAGAR.

Circular / Acad Sec./ UG /NEP Curri./ Affiliated Colleges / 2024.

It is hereby inform to all concerned that, in continuation of the Circular Ref. No./ SU/ UG/ Affi. Colleges/ NEP Curri/ 2023/ 18731-40 Date: 20.10.2023 on the recommendation of Dean of Faculty of Humanities; **the Academic Council at it's Meeting held on 08th April, 2024 has accepted the** *"following Subject wise revised Curriculum at UG Level* **as per National Education Policy-2020"** run at all concerned affiliated colleges under the Faculty of Humanities.

Sr. No.	UG/PG Course Curriculum Name	Semester
01.	B.A., B.Com., B.Sc. etc. **First Year** Hons with **Research [Marathi]**	Ist & IInd
02.	B.A./ B.Com/ B.Sc./BFA/BSW ctc. **First Year Hons with Research [Hindi]**	Ist & IInd
03.	B. A./B.Com/ B.Sc./BFA/BSW etc. **First Year Hons with Research [English]**	Ist & IInd
04.	B.A., B.Com., B.Sc. etc. **First Year** Hons with **Research [Urdu]**	Ist & IInd
05.	B.A./ B.Com/ B.Sc. etc. **First Year** Hons with **Research [Sanskrit]**	Ist & IInd
06.	B.A./ B.Com/ B.Sc. etc. **First Year** Hons with **Research [Pali & Buddhism]**	Ist & IInd
07.	B.A./ B.Com/ B.Sc. etc. **First Year** Hons with **Research [Arabic]**	Ist & IInd
08.	B. A. **First Year** Hons and Hons with Research **[Political Science]**	Ist & IInd
09.	B. A. **First Year** Hons with Research **[Sociology]**	Ist & IInd
10.	B. A. **First Year Hons with Research [Economics]**	Ist & IInd
11.	B. A. **First Year** Hons with Research **[Public Administration]**	Ist & IInd
12.	B. A. **First Year Hons with Research [History]**	Ist & IInd
13.	B. A. First Year **Hons with Research [Psychology]**	Ist & IInd
14.	B. A. First Year **Hons with Research [Geography]**	Ist & IInd

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15.	B. A. **First Year** Hons with Research **[Thoughts of Mahatma Phule and Dr. Babasaheb Ambedkar]**	**Ist & IInd**
16.	B.A. **First Year** Hons with Research **[Military Science]**	**Ist & IInd**
17.	B.A. **First Year** Hons with Research **[Islamic Studies]**	**Ist & IInd**
18.	B.A. **First Year** Hons with Research **[Philosophy]**	**Ist & IInd**
19.	B.A., B.Com., B.Sc. etc. (Common for all faculty) **First Year CC (Co-curricular Courses) [NCC]**	**Ist**

This is effective from the Academic Year 2024-25 and Onwards as per appended herewith.

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

University campus,   }{
Chhatrapati Sambhajinagar-431 004.   }{
Ref. No. SU/ UG/ Affi.Colleges/   }{
REV. NEP Curri/ 2024/25737-46   }{
                                            }{

Deputy Registrar, Academic.

Date: 21.05.2024.   *******

    Copy forwarded with compliments to:-

1]   **The Principal, all affiliated colleges,**
    Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.

2]   **The Director,** University Network & Information Centre, UNIC, with **a request to upload this Circular on University Website.**

    Copy to :-

1]   **The Director, Board of Examinations & Evaluation,**
2]   **The Sec. Officer, [Concerned Unit] Exam. Branch,**
3]   The Section Officer, [Eligibility Unit],
4]   The Programmer [Computer Unit-1] Examinations,
5]   The Programmer [Computer Unit-2] Examinations,
6]   The In-charge, [E-Suvidha Kendra],
7]   The Public Relation Officer,
8]   The Record Keeper,
    Dr. Babasaheb Ambedkar Marathwada University, Chhatrapati Sambhajinagar.

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DR. BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY

AURANGABAD

3 Years B. A. &
4 Year B. A. (Hons with Research) Programme

Course Structure
(Revised)

Subject: - PSYCHOLOGY

(Effective from 2024-25)

AS PER NEP 2020

Revised

Preface

Undergraduate program in Psychology NEP 2020 has given rise to a novel dimension in fine tuning and accelerating the learning process of a student. Keeping this in mind emergence of LOCF (Learning Outcome-based Framework) has taken place.

This Learning Outcome based Curriculum Framework is designed to emphasize the teaching and learning process at the undergraduate (B.A) from teacher centric to 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. Further, preparing the students to get ready to meet the needs of job market.

Students will be able to analyse psychological components of behaviour, regardless of the domain of its expression, and with all theoretical underpinnings, such as theories of personality, and psychological testing. Apply principles of core psychological disciplines such as cognitive processes, neuropsychology and research methodology to their chosen field of work. Work effectively in the applied domain of their choice, as per the specialization of psychology they are trained in.

Programme Educational Objective (PEOs)

1. To orient the students towards identification and analysis of various aspects of Psychology.
2. To develop students' aptitude for acquiring basic skills of carrying out field work.
3. To guide students to learn the science and art of collecting, processing and interpreting the data.
4. Demonstrate the ability to communicate information by utilising both lecture and practical exercises.
5. Inculcate the ability to evaluate and solve psychological problems effectively.

Programme Outcomes (Pos)

1. Understanding Psychological Theories and Concepts: Provide a comprehensive understanding of major theories, concepts, and historical developments in psychology across various subfields.

2. Critical Thinking and Analysis: Foster critical thinking skills to evaluate psychological research, theories, and real-world applications, encouraging students to question assumptions and draw evidence-based conclusions.

3. Developing Research Skills: Equip students with the ability to design, conduct, and analyse psychological research using both quantitative and qualitative methods.

4. Effective Communication Skills: Develop effective written and oral communication skills to articulate psychological concepts, research findings, and arguments to diverse audiences.

5. Application of Psychological Principles: Enable students to apply psychological principles and theories to understand human behavior in various contexts, such as education, healthcare, business, and social services.

Programme Specific Outcomes (PSOs)
After completing this programme, the Learner will

1. Understand concept and theories of psychology
2. Applying psychology knowledge and research to real world
3. Ability to conduct psychological research
4. Develop effective communication skills
5. Acquire skills to apply the psychology knowledge to different settings.

Illustrative Credit Distribution Structure for B.A. / B.Com/ B.Sc. (Three / Four Years Honours / Honours with Research) Degree Programme with Multiple Entry and Exit Options.

B.A. / B.Com. / B. Sc. First Year (1ˢᵗ and 2ⁿᵈ Semester) Psychology

Sr. No.	Course Type	First Semester			Total Credits	Second Semester			Total Credits
		Course Code	Credits T	Credits P		Course Code	Credits T	Credits P	
1	Major 1 (Core) M1 Mandatory	DSC-1 Introduction to Psychology Experiment	2 -- -	- 2 2	12	DSC-4 Individual Difference Psychometric Testing Testing	2 -- -	- 2 2	12
	Major 2 (Core) M2 Mandatory	DSC-2	4			DSC-5	4		
	Major 3 (Core) M3 Mandatory	DSC-3	4			DSC-6	4		
2	Major Electives (Choose any one from Pool of Courses)	-----	-----		-----	-----	-----		-----
3	Minor (Choose any one from Pool of Courses) **It is from different discipline of the same faculty**	-----	-----		-----	-----	-----		-----
4	GE/OE (Generic / Open Elective) (Choose any one from Pool of Courses) **It is should be chosen compulsorily from the faculty other than that of major**	GE/OE – 1 Personality Development	2		2	GE/OE – 2 Stress Management	2		2
5	VSC (Vocational Skill Courses) (Choose any one from Pool of Courses)	-----	-----		2	VS-1 Identifying Traits	2		2
6	SEC (Skill Enhancement Course) (Choose any one from Pool of Courses)	SEC- 1 Memory Enhancement	2			-----	-----		
7	AEC (Ability Enhancement Course) **(Common for all Faculty)**	AEC-1 (English)	2			AEC-2 (English)	2		
8	VEC (Value Education Course) **(Common for all Faculty)**	-----	-----		4	VEC- 1 (Constitution of India)	2		4
9	IKS (Indian Knowledge System) Courses	IKS - 1	2			-----	-----		
10	OJT (On Job Training)	-----	-----			-----	-----		
11	FP (Field Project)	-----	-----			-----	-----		
12	CEP (Community engagement Project) **(Common for all Faculty)**	-----	-----		2	-----	-----		2
13	CC (Co-curricular Courses) **(Common for all Faculty)**	CC -1 (Health and Wellness)	2			CC -2 (Yoga Education / Sports & Fitness)	2		
14	RM (Research Methodology) Course	-----	-----						
15	RP (Research Project)	-----	-----						
					22				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

B. A. First Year: PSYCHOLOGY
First Semester:
1. DSC-1: **INTRODUCTION TO PSYCHOLOGY**
   DSC-A: **EXPERIMENTS**
2. DSE:--
3. M:--
4. GE/OE-1:
   ### 1. : PERSONALITY DEVELOPMENT
5. SEC-1
   ### 1. MEMORY ENHANCEMENT: MNEMONICS
6. AEC-1: English
7. IKS: : ------------------------------
8. OJT: --
9. FP:--
10. CEP:--
11. CC-1: Health and Wellness
12. RP:--

Second Semester:
1. DSC-3: **INDIVIDUAL DIFFERENCES**
   DSC-B: **PSYCHOMETRICT TESTING**
2. DSE:--
3. M-1:
4. GE/OE-2:
   ### 2. STRESS MANAGEMENT
5. VSC-2:
   ### 1. Identifying Traits
6. AEC-2: English Communication
7. VEC-1 : Constitution of India
8. IKS: : ------------------------------
9. OJT:--
10. FP:--
11. CEP:--
12. CC-2: Yoga education/ Sports and fitness
13. RP:--

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** 1. What is psychology? -a) Definition b) Goal of psychology 2. Perspective of behaviour- a) Psychodynamics b) Humanistic c) Gestalt 3. Method of psychology- a) Descriptive method; naturalistic observation, laboratory observation b) Case study c) Survey method 4. Sub field of psychology- a) Social psychology b) Clinical psychology c) Positive psychology d) Counseling psychology 5. Psychology in India- a) Ancient roots and modern India	10
II	**Learning** 6. Learning- a) Define and Nature 7. Types of Learning-a) Classical conditioning b) Operant conditioning c) Observational Conditioning	10
III	**Memory** 8. Definition and nature of memory 9. Models of memory-a) Level of possessing b) possessing model c) Information possessing 10. Types of memory-a) sensory memory b) short term memory c) long term memory 11. Forgetting –a) Curve of Forgetting b) Causes of Forgetting c). Improving memory	10

Books Recommended:

Source Books:

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

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

Reference Books:-

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

DSC 1- A : Experiments

Total Credits: 02   Total Contact Hours: 60 Hrs
Maximum Marks : 50

Learning Objectives of the Course:

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

Course Outcomes (COS):

After completion of the course students will be able to

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

Note – Conduct any SIX experiments from the list below -

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

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

Reference Books:-

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

GE/OE 1 : 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 selfesteem - Symptoms - Personality having low self esteem - Positive and negative self esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours - Lateral thinking.	10
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 Credits: 02

Total Contact Hours: 60 Hrs

Maximum Marks : 50

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

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

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

Books Recommended:

Source Books:

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

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

DSC 4: INDIVIDUAL DIFFERENCE

Total Credits: 02   Total Contact Hours: 30 Hrs

Maximum Marks : 50

Learning Objectives of the Course:

     i)   **Learning intelligence concept**
     ii)   **Knowing basic of emotions**
     iii)   **Understanding personality**

Course Outcomes (COS):

After completion of the course students will be able to

i) Understood concept of intelligence
ii) Acquired basic knowledge of emotions
iii) Insight about personality

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

Books Recommended:

Source Books:

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

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

Reference Books:-

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

DSC 4- B : 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 FOUR Tests from the list below
Tests-
1) Standard Progressive Materials (SPM).
2) NEO-PI (Personality Test)
3) Need of Achievement
4) Motivation & Performance
5) Value Test
6) Family Climate
7) Facial Expression
8) Colour Progressive Materials (CPM)

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

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

VSC1- <u>Identifying Traits</u>

Total Credits: 02

Total Contact Hours: 60 Hrs

Maximum Marks : 50

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

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.