

**Rayat Shikshan Sanstha's,
Sadguru Gadge Mahraj College, Karad.**

(An Autonomous)

New Syllabus For



BA II (PSYCHOLOGY)

UNDER

Faculty of Humanities

B. A. Part - II (Sem. - III and IV)

STRUCTURE AND SYLLABUS IN ACCORDANCE WITH

NATIONAL EDUCATION POLICY - 2020

HAVING CHOICE BASED CREDIT SYSTEM

WITH MULTIPLE ENTRY AND MULTIPLE EXIT OPTIONS

**(TO BE IMPLEMENTED FROM ACADEMIC YEAR 2024-25
ONWARDS)**

Sadguru Gadage Maharaj College, Karad
(An Autonomous)
SYLLABUS (NEP)
Choice Based Credit System
B.A. (Part II)
Psychology
(Introduced from June 2024 onwards)
Semester – III

i. Paper III

ii. Title of paper : PSYCHOLOGY FOR LIVING

iii. Specific objectives :

1. To acquaint the students with processes of Psychology for living.
2. To introduce students the concept of Stress.
3. To acquaint the students with Understanding mental disorders.
4. To introduce students various Psychotherapies and their uses.

iv. Module

No. of credits

Module- 1:Towards Better Health	1
Module- 2:Stress	1
Module- 3:Understanding Mental Disorders	1
Module- 4:If You go for help	1

v. Equivalence

Old Paper	New Paper
CHILD PSYCHOLOGY	PSYCHOLOGY FOR LIVING

vi. Recommended reading

a) Book for Study:

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt. Ltd.

b) Books for Reference:

- c) Atwater, E. (1994). *Psychology for Living* (5th ed.). New Delhi: Prentice-Hall of India Private Ltd.
- d) Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.
- e) Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life*, (7th ed.).Singapore: Thomson Asia Pvt. Ltd.

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Psychology

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onwards) Semester – III

**PSYCHOLOGY FOR LIVING (Paper III) NMJ-PSY3/NMN-PSY3
Module I: Towards Better Health**

1.1 Body Image

- A. How We Feel About Our Bodies?
- B. Media and Body Image
- C. Our Ideal Body

1.2 Health and the Mind-Body Relationship

- A. The Immune System
- B. Personality
- C. Life Style Choices
- D. Environmental Issues

1.3 Promoting Wellness

- A. Taking Charge of Your Own Health
- B. Eating Sensibly
- C. Keeping physically fit
- D. Finding Social Support

Module II: Stress

2.1 Understanding Stress

- A. Conceptualizing Stress
- B. Major Causes of Stress
- C. Stress in College

2.2 Reactions to Stress

- A. Physiological Stress Reactions
- B. Psychological Stress Reactions
- C. How Do You React to Stress?

2.3 Managing Stress

- A. Modifying Your Environment
- B. Altering Your Lifestyle
- C. Using Stress for Personal Growth

Module III: Understanding Mental Disorders

3.1 Psychological Disorders

- A. What are Psychological Disorders?
- B. How Common Are Psychological Disorders?
- C. Putting Mental Health in Perspective

3.2 Anxiety disorders

- A. Generalized Anxiety Disorders
- B. Panic Disorders
- C. Phobias
- D. Obsessive-Compulsive Disorder

3.3 Mood Disorders

- A. Depressive Disorders
- B. Bipolar Disorder
- C. Suicide

Module 4: If You go for help

4.1 Psychotherapy

- A. Gender differences in adulthood
- B. Cultural Issues
- C. Applying it to Yourself

4.2 Insight Therapies

- A. Psychoanalysis
- B. Person-centered Approach

4.3 Cognitive and Behavioural Therapies

- A. Behavioural Therapies
- B. Cognitive Therapies
- C. Cognitive-Behavioural Therapy

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onwards)Semester – III

i. **Paper IV**

ii. **Title of paper : SOCIAL PSYCHOLOGY**

iii. **Specific objectives :**

1. To acquaint the students with processes of Social Psychology
2. To introduce students the concept of Social Perception.
3. To acquaint the students with the Self and self-esteem.
4. To introduce students concept of attitude formation, persuasion and cognitivedissonance.

iv. **Module No. of credits**

Module- 1:Introduction to Social Psychology	01
Module- 2:Social Perception	01
Module- 3:The Self	01
Module- 4:Attitude	01

v. **Equivalence**

Old Paper	New Paper
APPLIED PSYCHOLOGY	SOCIAL PSYCHOLOGY

vi. **Recommended reading**

a) **Book for Study:**

Branscombe, N. R., Baron, R. A. & Kapur, P. (2017). Social Psychology.(14th ed.), Noida (UP)
:Pearson India Education Services Pvt. Ltd., Second Impression 2018 .

b) **Books for Reference:**

1. Aronson, E., Wilson, T. D., Akert, R. M. & Sommers, S. R. (2015). *Social Psychology*, (9th ed.), New Jersey: Pearson Education Prentice Hall.
2. Baron, R. A., & Branscombe, N. R. (2012). *Social Psychology*. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014.
3. Mercer, J. & Clayton, D. (2014). *Social Psychology*, New Delhi: Dorling Kindersley India Pvt. Ltd.

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Semester – III

SOCIAL PSYCHOLOGY (Paper – IV) NMJ-PSY4

Module1. Introduction to Social Psychology

1.1: Definition of Social Psychology:

- A. Social Psychology Is Scientific in Nature
- B. Social Psychology Focuses on the Behavior of Individuals
- c. Social Psychology Seeks to Understand the

Causes of Social Behavior 1.2: Social Psychology:

Advances at the Boundaries

- A. Cognition and Behavior
- B. The Role of Emotion in the Social Side of Life
- c. Social Relationships

1.3: Research as the Route to Increased Knowledge

- A. Systematic Observation
- B. The Experimental Method
- c. Correlational Method

Module 2. Social Perception

2.1: Nonverbal Communication

- A. Basic Channels of Nonverbal Communication
- B. Nonverbal Cues in Social Life
- c. Recognizing

Deception 2.2: Attribution

- A. Theories of Attribution

B. Basic Sources of Error in Attribution

C. Applications of

Attribution Theory 2.3: Impression

Formation and Management

A. Impression Formation

B. Impression Management

Module 3. The Self

3.1: Self-Presentation

A. Self–Other Accuracy in Predicting Our Behavior

B. Self-Presentation Tactics

3.2: Personal Identity versus Social Identity

A. Who I Think I Am Depends on the Social Context?

B. Who I Am Depends on Others' Treatment?

3.3: Self-Esteem

A. The Measurement of Self-Esteem

B. How Migration Affects Self-Esteem?

C. Do Women and Men Differ in Their Level of Self-Esteem?

Module 4. Attitude

4.1: Attitude Formation

A. Classical Conditioning

B. Instrumental Conditioning

C. Observational

Learning 4.2: The Science

of Persuasion

A. Persuasion: Communicators, Messages, and Audiences

B. The Cognitive Processes

Underlying Persuasion 4.3: Cognitive

Dissonance

A. Dissonance and Attitude Change

b. Alternative Strategies for Resolving Dissonance

c. When Dissonance Is a Tool for Beneficial Changes in Behavior?

BA II Sem. III SEC

Course Name: Psychological First Aid

Course Credits: 2

Course Code- NSEC-PSY3

Marks: 50 2 Credits: Semester End: 40 Internal Assessment: 10 Total Marks: 50

Course Learning Outcomes: After completion of this course, learners are able to:

1. Understand the physical, mental, emotional and social crises.
2. Identify those in crises who need care (The needy).
3. Help the needy to handle their crises through PFA.
4. Handle their own stress and burnout while providing PFA.

Syllabus of Psychological First Aid

Module I: Understanding Psychological First Aid (PFA) Lectures Credit

1.1 Meaning of PFA

1.1.1 What is PFA?

1.1.2 Objectives of PFA

1.1.3 PFA: Who, When and Where?

Module II: Providing Psychological First Aid (PFA)

2.1 Action Principles of PFA – 3Ls

2.1.1 Look

2.1.2 Listen

2.1.3 Link

2.2 Models of PFA

2.2.1 ALGGI Model

2.2.2 RAPID Model

2.2.3 Golden Six Steps

2.2.4 Patanjali's Eight Ways

2.3 Self-Care : Look, Listen and Link

2.3.1 Recognize your own limits and limitations

2.3.2 Recognize signs and Symptoms of Stress and Burnout

2.3.3 Applying Look, Listen and Link to Self-Care

Activities and exercises suggested for internal assessment (Any Two out of five) (10 Hours)

- Conduct any suitable psychological test for identify the problem

- Study Visit (e.g., Old age home, Orphanage)
- Case Study
- Home Assignment
- Poster Preparation on PFA

Basic Readings

1. IFRC Reference Centre for Psychosocial Support (2018). A Guide to Psychological First Aid for Red Cross and Red Crescent Societies <https://pscentre.org/?resource=a-guide-to-psychological-first-aid-for-red-cross-red-crescent-societies&selected=single-resource>
2. Australian Red Cross (2020). Psychological First Aid: Supporting People Affected by Disasters in Australia. <https://www.redcross.org.au/globalassets/cmsassets/documents/stories/psychological-first-aid-australian-guide.pdf>
3. World Federation for Mental Health (2016). Psychological & Mental Health First Aid for All <https://wfmh.global/img/what-we-do/publications/2016-wmhd-report-english.pdf>
4. George, S. & Lating, M. (2022). The John Hopkins Guide to Psychological First Aid. Baltimore: Johns Hopkins University Press.

Books for Reading:

1. World Health Organization (2013). Psychological First Aid: Facilitators Manual for Orienting Field Workers https://iris.who.int/bitstream/handle/10665/102380/9789241548618_eng.pdf?sequence=1
 2. Ohio Mental Health and Addiction Services (N.A.). A Psychological First Aid Guide for Ohio Colleges and Universities https://psychiatry.uw.edu/wp-content/uploads/2020/04/3.-Psychological-First_Aid_OhioColleges.pdf
 5. UNICEF (2016). Trainers' guide: Psychological First Aid (PFA) and Mental Health and Psychosocial Support (MHPSS) Training Module https://www.unicef.org/laos/media/5641/file/UNICEF%20and%20MOLSW_PFA%20and%20MHPSS%20Training%20Manual_Eng.pdf
 6. देशपांडे, पी. (2022). मानसिक प्रथमोपचार, सकाळ प्रकाशन.
 7. दाभोलकर, एच. (2023). भावनिक प्रथमोपचार घरच्या घरी, राजहंस प्रकाशन.
- Examination Pattern and Nature of Examination:
 End Semester Theory Exam: 40 Marks
 Internal Assessment: 10 Marks (Based on Activities and exercises).

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Semester IV

- i. Paper V**
ii. Title of paper : MODERN SOCIAL PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of liking (attraction) and sources of liking.
2. To introduce students the concept of Social influence, Conformity and Compliance.
3. To acquaint the students with Understanding Prosocial Behavior.
4. To introduce students the concept of Aggression, its causes and control.

iv. Module	No. of credits
Module- 1: Liking (Attraction)	01
Module- 2: Social Influence	01
Module- 3: Prosocial Behavior	01
Module- 4: Aggression	01

v. Equivalence

Old Paper	New Paper
DEVELOPMENTAL PSYCHOLOGY	MODERN SOCIAL PSYCHOLOGY

- vii. Recommended reading**
a) **Book for Study:**

Branscombe, N. R., Baron, R. A. & Kapur, P. (2017). Social Psychology.(14th ed.), Noida(UP) :Pearson India Education Services Pvt. Ltd., Second Impression 2018 .

b) Books for Reference:

- 1) Aronson, E., Wilson, T. D., Akert, R. M. & Sommers, S. R. (2015). Social Psychology, (9th ed.), New Jersey: Pearson Education Prentice Hall.
- 2) Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi:Pearson Education; Indian reprint 2014.
- 3) Mercer, J. & Clayton, D.(2014). Social Psychology, New Delhi: Dorling Kindersley India Pvt.Ltd.

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Semester IV
MODERN SOCIAL PSYCHOLOGY (Paper V) NMJ-PSY5/NMN-
PSY5

Module 1. Liking (Attraction)

1.1 : Internal Sources of Liking Others

- A. The Importance of Affiliation in Human Existence
- B. The Role of

Affect 1.2: External

Sources of Attraction

- A. The Power of Proximity
- B. Physical Beauty

1.3 : Sources of Liking Based on Social Interaction

- A. Similarity
- B. Reciprocal Liking or Disliking
- C. Social Skills
- D. Personality and Liking

Module 2. Social Influence

2.1 : Conformity

- A. Social Pressure
- B. How Social Norms Emerge
- C. Factors Affecting Conformity
- D. Social Foundations of Conformity
- E. Reasons for Nonconformity

2.2: Compliance

- A. The Underlying Principles of Compliance
- B. Tactics Based on Friendship or Liking
- C. Tactics Based on Commitment or Consistency
- D. Tactics Based on Reciprocity

Module 3. Prosocial Behavior

3.1: Why People Help?

- A. Empathy-Altruism
- B. Negative-State Relief
- C. Empathic Joy

3.2: Factors That Increase or Decrease the Tendency to Help

- A. Factors That Increase Prosocial Behavior
- B. Factors That Reduce Helping

3.3: Crowd funding: A New Type of Prosocial Behavior

- A. Emotion and Prosocial Behavior
- B. Gender and Prosocial Behavior

3.4: Final Thoughts: Are Prosocial Behavior and Aggression Opposites?

Module 4. Aggression

4.1: Perspectives on Aggression

- A. The Role of Biological Factors
- B. Drive Theories
- C. Modern Theories of Aggression

4.2: Causes of Human Aggression

- A. Basic Sources of Aggression
- B. Social Causes of Aggression
- C. Gender and Aggression
- D. Situational Determinants of Aggression

4.3: The Prevention and Control of Aggression

- A. Punishment

B. Self-Regulation

C. Catharsis

D. Reducing Aggression by Thinking Nonaggressive Thoughts

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Semester IV

i. Paper VI

ii. Title of paper : APPLIED PSYCHOLOGY

iii. Specific objectives :

1. To acquaint the students with processes of Personal control, Decision Making and Personal growth.
2. To introduce students the work, career, play and using leisure positively.
3. To acquaint the students with Making and keeping friends
4. To introduce students the concept of Love and Commitment.

iv. Module No. of credits

Module- 1: Taking Charge	01
Module- 2: At Work and Play	01
Module- 3: Making and keeping friends	01
Module- 4: Love and Commitment	01

v. Equivalence

Old Paper	New Paper
MODERN APPLIED PSYCHOLOGY	APPLIED PSYCHOLOGY

viii. Recommended

reading Recommended

Reading:

a) Book for Study:

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2015). *Psychology for Living- Adjustment, Growth, and Behavior Today*. (11th ed.). Noida (UP) :Pearson India Education Services Pvt.Ltd.

b) Books for Reference:

1. Atwater, E. (1994). *Psychology for Living* (5th ed.). New Delhi: Prentice-Hall of India Private Ltd.
2. Barve, B. N. (1998). *Jivanmanache Manasshastra*. Jalana: Sankalp Pub.
3. Weiten, W. & Margaret, A.L. (1994). *Psychology Applied to Modern Life* (7th ed.). Singapore: Thomson Asia Pvt. Ltd.

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B.A. (Part II)

Psychology

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onwards)**

Semester IV

APPLIED PSYCHOLOGY

(Paper VI) NMJ-PSY6

**Module I: Taking
Charge**

1.1 Personal Control

- A. Explaining Perceived Control
- B. The Benefits of Perceived Control
- C. Misperception and Maladjustment
- D. Learned Optimism
- E. Defensive Pessimism

1.2 Decision Making

- A. The Process of Decision Making
- B. Critical Elements in Decision Making
- C. Post-Decision Regret
- D. Making Better Decisions

1.3 Decisions and Personal Growth

- A. Making New Decisions
- B. Some practical Applications

Module II: At Work and Play

2.1 At Work

- A. Taking Stalk of Yourself

- B. Identifying Compatible Careers
- C. Arriving at Your Career Decision
- D. Landing a Job
- E. Changing Jobs or Careers
- F. Work Issues Related to Culture and Gender

2.2 At Play

- A. What is Leisure?
- B. Using Leisure Positively
- C. Leisure across Adulthood

Module III: Making and keeping friends

3.1 Meeting People

- A. Are First Impressions Most Important?
- B. Factors that Influence First Impressions
- C. Mistaken Impressions

3.2 Keeping Friends

- A. When Friends Get Together?
- B. Self-disclosure – Those Little Secrets
- C. Gender Differences in Friendship
- D. Staying Friends

3.3 When It's Hard to Make Friends?

- A. Shyness
- B. Loneliness

Module IV: Love and Commitment

4.1 Love is a Many Splendored (and Defined) Thing

- A. The Many Definitions of Love
- B. Love and Friendship
- C. Love and Attachment

4.2 Finding Love

- A. Online Dating
- B. The importance of Self-disclosure

4.3 Marriage and Other Committed Relationships

- A. Cohabitation
- B. Marriage

4.4 Adjusting to Intimate Relationships

- A. Attitude adjustment
- B. Sharing Responsibilities
- C. Communication and Conflict
- D. Making the Relationship Better
- E. Sexuality

BA II Sem. IV SEC IV

Course Name: Basics of Mindfulness

Course Credits: 2

Course Code- NSEC-PSY4

Course Objective: At the end of the course, the learners will be able to

1. To understand the mindfulness and its significance in personal and professional contexts.
2. To utilize the breath as a focal point for developing present-moment awareness.
3. To apply active listening and non-reactivity in communication to enhance understanding and connection.
4. To Explore advanced mindfulness techniques, including meta-

awareness and choice less aware

Module I: Module I: Introduction to Mindfulness

- 1.1 Understanding the concept of mindfulness
- 1.2 Origins and history of mindfulness practices
- 1.3 Benefits of incorporating mindfulness into daily life
- 1.4 Exploring different approaches to mindfulness

Module II: Applying Mindfulness in Daily Life

- 2.1 Mindful communication: active listening and non-reactivity
- 2.2 Cultivating mindfulness in relationships
- 2.3 Mindfulness in the workplace: reducing stress and enhancing productivity
- 2.4 Using mindfulness to manage emotions and navigate challenging situations

Books for Reference:

1. Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hachette Books (Module - I).
2. Harris, D. (2014). *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works*. HarperOne (Module - II).
3. Chapman, S. (2016). *The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals*. Shambhala (Module - III).
4. Kabat-Zinn, J. (2005). *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. Hyperion (Module - IV).

References

1. Brach, T. (2004). *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*. Bantam.
2. Hased, C. (2008). *Mindfulness for Life*. Exisle Publishing.

Salzberg, S. (1995). Lovingkindness: The Revolutionary Art of Happiness.
Shambhala

**Nature of Question Paper for B. A. II Psychology (Paper III
to VI)**

(Semester III and IV) (Per Paper Total Marks = 100)

SEE-80, CCE-20

**Nature of Question Paper for B. A. II Psychology (Paper III
to VI)**

(Semester III and IV) (Per Paper Total Marks = 100)

SEE-80, CCE-20