

Deccan Education Society's

Kirti M. Doongursee College of Arts, Science and Commerce (AUTONOMOUS)



Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for Program:
Bachelor of Arts
Course: F.Y.B.A Subject:
PSYCHOLOGY

Choice Based Credit System (CBCS) with
effect from
Academic Year 2025-2026

PROGRAM OUTCOMES

PO	Description
A student completing Bachelor's Degree in Arts Program will be able to	
P01	Disciplinary Knowledge: Demonstrate a blend of conventional discipline knowledge and its applications to the modern world. Execute strong theoretical and practical understanding generated from the chosen programme.
P02	Critical Thinking and Problem solving: Exhibit the skill of critical thinking and use higher order cognitive skills to approach problems situated in their social environment, propose feasible solutions and help in its implementation.
P03	Social competence: Express oneself clearly and precisely to build good interpersonal relationships in personal and professional life. Make effective use of linguistic competencies to express themselves effectively in real and virtual media. Demonstrate multicultural sensitivity in group settings.
P04	Research-Related Skills: Seeks opportunity for research and higher academic achievements in the chosen field and allied subjects and is aware about research ethics, intellectual property rights and issues of plagiarism. Demonstrate a sense of inquiry and capability for asking relevant/appropriate questions; ability to plan, execute and report the results of a research project be it in field or otherwise under supervision.
P05	Personal and professional competence: Equip with strong work attitudes and professional skills that will enable them to work independently as well as collaboratively in a team environment.
P06	Effective Citizenship and Ethics: Demonstrate empathetic social concern and equity centered national development; ability to act with an informed awareness of moral and ethical issues and commit to professional ethics and responsibility.
P07	Environment and Sustainability: Understand the impact of the scientific solutions in societal and environmental contexts and demonstrate the knowledge of and need for sustainable development.
P08	Self-directed and Life-long learning: Acquire the ability to engage in independent and life-long learning in the broadest context of socio-technological changes.

Deccan Education Society's
Kirti M. Doongursee College (autonomous)
Proposed Curriculum as per NEP 2020 Year of
implementation- 2023-24

Name of the Department: PSYCHOLOGY

Semester	Course Code	Course Title	Vertical	Credit
I	K23UAPSYMJ111	FUNDAMENTALS OF PSYCHOLOGY - I	Major	4
	K23UAPSYVC141	BASIC COMMUNICATION AND COUNSELING SKILLS	VSC	2
II	K23UAPSYMJ211	FUNDAMENTALS OF PSYCHOLOGY II	Major	4
	K23UAPSYVC241	BEHAVIORAL THERAPY FOR DAY TO DAY CONCERNS	VSC	2

Course Code	MAJOR SEM – I	Credits	Lectures /Week
K23UAPSYMJ111	FUNDAMENTALS OF PSYCHOLOGY - I	4	4
Course Outcomes: After successful completion of this course, students would be able to • Incorporate different perspectives of psychology • Critically evaluate the function of brain and nervous system • Apply the principles of learning in day to day life • Critically analyze the cognitive functioning of mind			
Unit	Topics	No of Lectures	
I	1) THE SCIENCE OF PSYCHOLOGY 1.1 What is Psychology? 1.2 Psychology then: History of Psychology, Psychology now: Modern Perspectives 1.3 Types of Psychological professionals, Psychology: The Science, Ethics of Psychological Research 1.4 Critical thinking, Applying Psychology to everyday life - using Critical thinking	15	
II	2) THE BIOLOGICAL PERSPECTIVE 2.1 Neurons and nerves: Building the Network 2.2 The Nervous System 2.3 Inside the brain and structures of the brain 2.4 The chemical connection: the Endocrine glands, Applying Psychology – Differences between male and female brains	15	
III	3) LEARNING 3.1 Definition of Learning 3.2 Classical Conditioning - Biological and cognitive factors of Classical Conditioning 3.3 Operant Conditioning - Biological and cognitive factors of Operant Conditioning 3.4 Cognitive Learning Theory 3.5 Observational Learning	15	

	3.6 Applying Psychology – Behaviour modification of a developmentally challenged child	
IV	4) MEMORY 4.1 Memory: Encoding, Storage, Retrieval, Models of memory – LOP and PDP, the information-processing model – sensory, short-term and long-term memory 4.2 Retrieval of Long-Term Memories, The reconstructive nature of Long-TermMemory Retrieval 4.3 Forgetting 4.4 Memory and the brain – the physical aspects of memory	15

References:

- Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
- Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and Dorling Kindersley Publishing inc. New Delhi; first Indian reprint 2007
- Coon, D., & Mitterer, J. O. (2007). Introduction to Psychology: Gateways to Mind and Behaviour. (11th ed.) Wadsworth/Thomson Learning Publications, New Delhi; first Indian reprint 200
- Feldman, R. S. (2008). Understanding Psychology. (8th ed.). McGraw-Hill Publications, New York
- Kalat, J. W. (2005). Introduction to Psychology. (7th ed.). Wadsworth-Thomson Learning Publications, Belmont, USA.
- Lahey, B. B. (2007). Psychology: An Introduction. (9th ed.). McGraw-Hill Publications, New York
- Passer, M. W., & Smith, R. E. (2007). Psychology: The Science of Mind and Behaviour. (3rd ed.) McGraw-Hill Publications, International edition, New York
- Wade, C. & Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi
- Wood, S.E., Wood, E. G., & Boyd, D. (2008). The world of Psychology. (6th ed.). Pearson Education inc., Allyn and Bacon
- Zimbardo, P. G., Johnson, R. L., & Weber, A. N. (2008). Psychology: Core Concepts. (5th ed.). Pearson Education inc., Allyn and Bacon

Additional References:

- तडसरे , तंम्बाके उपयोजित मानसशास्त्र - फडके प्रकाशन
- ओक, अभ्यंकर, गोळवीकर वततनाचें शास्त्र - जपअरसन प्रकाशन

Course Code	VOCATIONAL SKILL COURSE SEM – I	Credits	Lectures /Week
K23UAPSYVC141	Paper I – BASIC COMMUNICATION AND COUNSELING SKILLS	2	2
Course Outcomes: After successful completion of this course, students would be able to			
- Remember the essential skills required for effective communication - Understand the importance of non-verbal communication for effective communication - Apply the learnt skills outside the classroom - Enhance the skills required as a professional			
Unit	Topics	No of Lectures	
I	1) FUNCTION FOCUSED COMMUNICATION SKILLS 1.1 Non-verbal communication 1.2 Information and explaining skills 1.3 Arguing skills 1.4 Managing interpersonal conflicts	15	
II	2) SKILLS IN PUBLIC AND PROFESSIONAL CONTEXTS 2.1 Negotiation skills 2.2 Communication skills for group decision making 2.3 Communication skills in health care context 2.4 Intercultural communication	15	
References: - John O. Greene and Brant Handbook of communication and social interaction skills R. Burleson. - Andrews, P. H., & Herchel, R. T. (1996). Organizational communication: Empowerment in a technological society. Boston: Houghton Mifflin. - Allen, M., & Preiss, R. W. (1998). Persuasion: Advances through meta-analysis. Cresskill, NJ: Hampton Press. Additional References: - Baron, R. A. (1988). Negative effects of destructive criticism: Impact on conflict, self- efficacy, and task performance. Journal of Applied Psychology, 73, 199–207. - Benoit, P. J. (1982, November). The naive social actor’s concept of argument. Paper			

Course Code	MAJOR SEM – II	Credits	Lectures /Week
K23UAPSYMJ211	Paper I - FUNDAMENTALS OF PSYCHOLOGY II	4	4
Course Outcomes: After successful completion of this course, students would be able to ● Critically evaluate the higher cognitive processes ● Apply various motivation and emotion theories for individual wellbeing ● Contribute in the research area of personality ● Apply statistical methods to gain understanding about human behavior and research			
Unit	Topics	No of Lectures	
I	1) COGNITION: THINKING, INTELLIGENCE 1.1 How people think 1.2 Intelligence 1.3 Language Applying Psychology – Mental exercises for better cognitive health	15	
II	2) MOTIVATION AND EMOTION 2.1. Approaches to understanding Motivation 2.2. Hunger 2.3. Emotion Applying Psychology – The how-to of happiness	15	
III	3) AN OVERVIEW OF THEORIES OF PERSONALITY 3.1. Sigmund Freud and Psychoanalysis, The Behaviorist view of Personality	15	

	3.2. The Social Cognitive view of Personality, Humanism and Personality, trait Theories 3.3. The biology of Personality: Behavioral Genetics, Assessment of Personality Applying Psychology – Personality testing on the internet	
IV	4) STATISTICS IN PSYCHOLOGY 4.1. Why do psychologists use statistics? Descriptive Statistics – Frequency distributions, the Normal curve, other distribution types, skewed distributions 4.2. Measures of central tendency – mean, median, mode, 4.3. Measures of variability – range and SD; z scores Inferential Statistics – statistical significance, the correlation coefficient	15

References:

- Ciccarelli, S. K. & Meyer, G. E. (2008). Psychology. (Indian subcontinent adaptation). New Delhi: Dorling Kindersley (India) pvt ltd.
- Baron, R. A., & Kalsher, M. J. (2008). Psychology: From Science to Practice. (2nd ed.). Pearson Education inc., Allyn and Bacon
- Ciccarelli, S. K. & Meyer, G. E. (2006). Psychology. Pearson Education inc. and Dorling Kindersley Publishing inc. New Delhi; first Indian reprint 2007
- Coon, D., & Mitterer, J. O. (2007). Introduction to Psychology: Gateways to Mind and Behaviour. (11th ed.) Wadsworth/Thomson Learning Publications, New Delhi; first Indian reprint 200
- Feldman, R. S. (2008). Understanding Psychology. (8th ed.). McGraw-Hill Publications, New York
- Kalat, J. W. (2005). Introduction to Psychology. (7th ed.). Wadsworth-Thomson Learning Publications, Belmont, USA.
- Lahey, B. B. (2007). Psychology: An Introduction. (9th ed.). McGraw-Hill Publications, New York
- Passer, M. W., & Smith, R. E. (2007). Psychology: The Science of Mind and Behaviour. (3rd ed.) McGraw-Hill Publications, International edition, New York

Additional References:

- Wade, C. & Tavris, C. (2006). Psychology. (8th ed.). Pearson Education inc., Indian reprint by Dorling Kindersley, New Delhi
- Wood, S.E., Wood, E. G., & Boyd, D. (2008). The world of Psychology. (6th ed.). Pearson Education inc., Allyn and Bacon
- Zimbardo, P. G., Johnson, R. L., & Weber, A. N. (2008). Psychology: Core Concepts. (5th ed.). Pearson Education inc., Allyn and Bacon

Course Code	VOCATIONAL SKILL COURSE SEM – II	Credits	Lectures /Week
K23UAPSYVC241	Paper I – BEHAVIORAL THERAPY FOR DAY TO DAY CONCERNS	2	2
Course Outcomes: After successful completion of this course, students would be able to • Get acquainted to the therapeutic processes • Understand the behavioral approach to the problems • Apply the learnt techniques outside the classroom • Conceptualize the problems from behavioral perspective			
Unit	Topics	No of Lectures	
I	1) INTRODUCTION TO BEHAVIOURAL TECHNIQUES 1.1 What is behavioral therapy? 1.2 Behavioral approach to the problems 1.3 Therapeutic process 1.4 Qualities of a behavior therapist 1.5 Therapeutic techniques	15	
II	2) APPLICATION OF THE BEHAVIOURAL TECHNIQUES 2.1 BT for Anxiety 2.2 BT for Depression 2.3 BT for Anger issues 2.4 BT for Stress management	15	
References: • Corey G. (2009) Theory and Practice of Counseling and Psychotherapy. (8th ed.) • ANTONY, M. M., & ROEMER, L. (2003). Behavior therapy. In A. S. Gurman & S. B. Messer (Eds.), Essential psychotherapies: Theory and practice (2nd ed., pp. 182–223). Additional References: • ALBERTI, R. E., & EMMONS, M. L. (2008). Your perfect right: A guide to assertive behavior (9th ed.). Atascadero, CA: Impact. • BANDURA, A. (1971b). Psychotherapy based upon modeling principles. In A. E. Bergin & S. L. Garfield (Eds.), Handbook of psychotherapy and behavior change. New York: Wiley.			

- BANDURA, A. (1969). Principles of behavior modification. New York: Holt, Rinehart & Winston.
- KAZDIN, A. E. (2001). Behavior modification in applied settings (6th ed.). Pacific Grove, CA: Brooks/Cole.

Evaluation Scheme for First Year (UG) under NEP (4 credits)

I. Internal Evaluation for Theory Courses – 40 Marks

- 1) **Continuous Internal Assessment(CIA) Assignment** - Tutorial/ Case Study/ Project / Presentations/ Group Discussion / Ind. Visit. – 20 marks
- 2) **Continuous Internal Assessment(CIA)** ONLINE Unit Test – 20 marks

II. External Examination for Theory Courses – 60 Marks

Duration: 2 Hours

Theory question paper pattern:

Question	Based on	Marks
Q.1	Unit I	15
Q.2	Unit II	15
Q.3	Unit III	15
Q.4	Unit IV	15

- All questions shall be compulsory with internal choice within the questions.
- Each Question may be sub-divided into sub questions as a, b, c, d, etc. & the allocation of Marks depends on the weightage of the topic.

NOTE: To pass the examination, attendance is compulsory in both Internal & External Examinations.

Evaluation Scheme for First Year (UG) under NEP (2 credits)

I. Internal Evaluation for Theory Courses – 20 Marks

- 1) **Continuous Internal Assessment(CIA) Assignment** - Tutorial/ Case Study/ Project / Presentations/ Group Discussion / Ind. Visit. – 10 marks
- 2) **Continuous Internal Assessment(CIA) ONLINE Unit Test** – 10 marks

II. External Examination for Theory Courses – 30 Marks

Duration: 1 Hours

Theory question paper pattern: All questions are compulsory.

Question	Based on	Marks
Q.1	Unit I	15
Q.2	Unit II	15

- All questions shall be compulsory with internal choice within the questions.
- Each Question may be sub-divided into sub questions as a, b, c, d, etc. & the allocation of Marks depends on the weightage of the topic.

NOTE: To pass the examination, attendance is compulsory in both Internal & External Examinations.