

Savitribai Phule Pune University

(Formerly University of Pune)



B.Sc PSYCHOLOGY

With Major: Psychology
(Faculty of Science and Technology)

Syllabus for S.Y.B.Sc. Psychology

(For Colleges Affiliated to Savitribai Phule Pune University)

Choice Based Credit System (CBCS) Syllabus
As Per National Education Policy (NEP-2020)

To be implemented from
2025-2026

PROGRAMME STRUCTURE

Semester III

Vertical	Credits	Course Code	Title	Total Teaching Hours	No. of Lecture per Week
Major (Theory)	4	PSY-205 MJT	Physiological Psychology	60	4
Major (Practical)	2	PSY-206 MJP	Psychological Practical: Tests	60	4
VSC (Theory)	2	PSY-225 VSC	Human Growth And Development	30	2
Field Project (FP)	2	PSY-235 FP	Field Project	60	4
Minor (Theory)	2	PSY-245 MNT	Social Psychology	30	2
Minor (Practical)	2	PSY-246 MNP	Social Survey	60	4
OE – (Theory)	2	OE-202-PSY	Psychological Skills and Enrichment of Life	30	2
IKS	2	PSY-201-IKS	Indian Roots of Psychology	30	2
AEC	2	--	As Per the SPPU Basket – 5	30	2
CC	2	--	As Per the SPPU Basket - 6	30	2
Total Credit	22				

Semester IV

Vertical	Credits	Course Code	Title	Total Teaching Hours	No. of Lecture per Week
Major (Theory)	4	PSY-255 MJT	Experimental Psychology & Research Methodology	60	4
Major (Practical)	2	PSY-256 MJP	Psychological Practical: Experiments	60	4
VSC (Theory)	2	PSY-275 VSC	Introduction to Behavioral Abnormalities	30	2
Community Enhancement Program (CEP)	2	PSY-285 CEP	CEP: Community Mental Health Awareness and Enhancement Program.	60	4
Minor (Theory)	2	PSY-295 MNT	Health Psychology	30	2
Minor (Practical)	2	PSY-295 MNP	Psychological Assessment	60	4
OE – (Practical)	2	OE-252-PSY	Applied Psychology: Practical	60	4
SEC	2	PSY-252-SEC	Personality Development	30	2
AEC	2	--	As Per the SPPU Basket – 5	30	2
CC	2	--	As Per the SPPU Basket - 6	30	2
Total Credit	22				

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	Major Core - Theory
Course Code	:	PSY-205 MJT
Course Name	:	Physiological Psychology
No. of Credits	:	4
No. of Teaching Hours	:	60
Lectures per Week	:	4

Course Outcomes:

After completing this course, students will be able to

- Define and explain the nature, scope, and approaches of physiological psychology, as well as the methods used to study it.
- Demonstrate and understand the structure, types, and functions of neurons and the role of neurotransmitters and neuroplasticity.
- Describe the anatomy of the central and peripheral nervous systems
- Assess the use of clinical tools such as EEG, CT scans, MRI, and PET scans in studying brain structure and function.
- Explain the structure, function, and significance of the glandular system
- Identify and explain the causes, symptoms, and neurophysiological basis of various neuropsychological diseases.

UNIT 1: INTRODUCTION TO PHYSIOLOGICAL PSYCHOLOGY

15 Lectures

- 1.1 Definition, Nature and scope of physiological psychology
- 1.2 Approaches to physiological psychology
- 1.3 Methods to study physiological psychology
- 1.4 Divisions of physiological psychology

UNIT 2: NEUROPHYSIOLOGY**15 Lectures**

- 2.1 Neuron: Structure, types and function
- 2.2 Nerve impulse and Synapse
- 2.3 Neurotransmitters and their functions
- 2.4 Neuroplasticity

UNIT 3: ANATOMY OF THE NERVOUS SYSTEM**15 Lectures**

- 3.1 Central Nervous System [A] The Brain a. Structure and function of the brain b. Cerebral hemispheres [B] The Spinal Cord: Structure and function
- 3.2 Peripheral Nervous System: Structure and function a. Autonomic Nervous System b. Somatic Nervous System
- 3.3 Clinical studies of brain: EEG, CT scan, MRI, and PET scan
- 3.4 Glandular System: Pituitary, Thyroid, Parathyroid, Adrenal, Pancreas

UNIT 4: NEUROPSYCHOLOGICAL DISEASE**15 Lectures**

- 4.1 Causes of Brain Damage
- 4.2 Epilepsy/Seizures
- 4.3 Parkinson Disease and Huntington Disease
- 4.4 Multiple Sclerosis and Alzheimer Disease

REFERENCE BOOKS

- Ciccarelli, S. & Meyer, G. E. (2006). Psychology. New Delhi: Pearson Education.
- Coon, D. & Mitterer, J. O. (2007). Introduction to psychology: Gateways to mind and behavior. Singapore: Thomson Wadsworth.
- Feldman, R. S. (8th ed.) (2008). Understanding psychology. TMH.
- Kalat, James W. (2019). Biological Psychology (13th Edition). Cengage
- Khosala Meetu et al (2019). Biopsychology. Published by School of Social Sciences, Indira Gandhi National Open University
- Lahey, B. B. (2003). Psychology: An introduction. New Delhi: Tata McGraw Hill.
- Passer, M. W. & Smith, R. E. (2007). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.
- Pinel, John P. J.; Barnes Steven J. (2022). Biopsychology (11th Global Edition). Pearson
- Smith, D. B. (1998). Psychology: Science and understanding. Boston: McGraw-Hill.

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	Major Core - Practical
Course Code	:	PSY-206 MJP
Course Name	:	Psychological Tests (Practical)
No. of Credits	:	02
No. of Teaching Hours	:	30
Lectures per Week	:	02

Course Outcomes:

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

1. Understand the fundamental concepts of psychological testing.
2. Administer psychological tests with accuracy and ethical considerations.
3. Understand the diverse applications of psychological tests across various fields and contexts.

Group A: Psychological tests in educational setting:

Conduct any 02 tests from the following areas:

1. Intelligence Test
2. Aptitude Test
3. Vocational Interest Test
4. Student stress Test

Group B: Psychological tests in business and industrial setting:

Conduct any 02 tests from the following areas:

1. Personality Test - Questionnaire
2. Work motivation assessment
3. Leadership style assessment
4. Job satisfaction assessment

Group C: Psychological tests in Mental health and clinical setting:

Conduct any 02 tests from the following areas:

1. Mental Health Assessment
2. Abnormal behaviour and Mental disorder
3. Neuropsychological assessment
4. Emotional Intelligence

Group D: Psychological tests in Family and Social setting:

Conduct any 02 tests from the following areas:

1. Attitude / Value assessment
2. Parenting styles / Parent-children relationship
3. Social Intelligence
4. Marital attitude / Marital adjustment assessment

*** Practical Examination will be conducted by respective colleges at the end of the semester.**

REFERENCE BOOKS

- Anastasi, A. & Urbana, S (2005). *Psychological Testing*. (7th), Prentice-Hall, New Delhi.
- Dandekar, W. N. and Rajguru. (2001). *An Introduction to Psychological Testing and Statistics*. Seth Publications Pvt. Ltd.
- Kaplan, R. M. and Saccuzzo, D.P. (2007). *Psychological Testing: Principles, Applications and Issues*. Australia: Thomson, Wadsworth.

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	VSC - Theory
Course Code	:	PSY-225 VSC
Course Name	:	Human Growth & Development
No. of Credits	:	2
No. of Teaching Hours	:	30
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

- Understand the fundamental concepts of human growth and development, including genetic foundations and the interplay between heredity and environment.
- Describe and critically assess various theories of growth and development.
- Gain knowledge about the key stages of human development across the lifespan, from prenatal development to adulthood, focusing on physical, emotional, and cognitive changes.
- Explore the physical, emotional, and cognitive development across different periods, including infancy, childhood, adolescence, and adulthood.
- Analyse the perspectives of cognitive development as proposed by Piaget and Vygotsky, understanding the stages and factors influencing cognitive growth.
- Know the processes of language development, moral development, and personality development, recognizing their significance in the overall growth of individuals.

UNIT 1: INTRODUCTION TO HUMAN GROWTH & DEVELOPMENT**10 Lectures**

- 1.1 Concept and nature of Human Development
- 1.2 Genetic foundation of Development: The Collaborative Genes, Genes and Chromosomes and Genetic Principles
- 1.3 Heredity and Environment interaction: The nature × Nurture Debate
- 1.4 Theories of Growth & Development: Psychoanalytic Theories, Cognitive Theories, Behavioral and Social Cognitive Theories, Ethological Theory, Ecological Theory, Eclectic Theoretical Orientation

UNIT 2: PERIODS OF LIFE SPAN DEVELOPMENT**10 Lectures**

- 2.1 Prenatal Development & Birth and Infancy
- 2.2 Childhood: Physical, Emotional and Cognitive development
- 2.3 Adolescence: Physical, Emotional and Cognitive development
- 2.4 Adulthood: Physical, Emotional and Cognitive development

UNIT 3: DOMAINS OF HUMAN DEVELOPMENT**10 Lectures**

- 3.1 Cognitive development: perspectives of Piaget and Vygotsky
- 3.2 Language development
- 3.3 Moral development
- 3.4 Personality development

REFERENCE BOOKS

- Berk, L. E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall.
- Mitchell, P. and Ziegler, F. (2007). Fundamentals of development: The Psychology of Childhood. New York: Psychology Press.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). Human development (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.
- Santrock, J.W. (2012). Life Span Development (13th ed) New Delhi: McGraw Hill.
- Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications. Srivastava, A.K. (1997). Child Development: An Indian Perspective. New Delhi.

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	FP
Course Code	:	PSY-235 FP
Course Name	:	Field Project
No. of Credits	:	2
No. of Teaching Hours	:	60
Lectures per Week	:	4

Course Outcomes:

After completing this course, students will be able to

1. Apply psychological theories and principles in practical fieldwork settings.
2. Demonstrate proficiency in designing and conducting psychological research using appropriate methodologies.
3. Adhere to ethical standards in conducting psychological research, ensuring the protection and respect of participants.
4. Analyze and interpret research data effectively, using statistical tools and psychological frameworks.
5. Communicate research findings clearly and effectively through written reports and oral presentations.
6. Develop professional skills and interpersonal competencies required for collaborative fieldwork and research environments.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The field project will be helpful to the students to learn basic research based psychological skills.

Following are some areas, select any one of them for field work and write the detail report in project form and submit the reports of the same.

Areas for field project (Select Any One of the following)

1. Visit a special school
2. Visit a counselling centre
3. Visit a de-addiction centre/Rehabilitation centre
4. Visit an institution for old age people (Old Age Home)
5. Visit an institution for Learning Disability/Autism/ADHD/Speech & Hearing
6. Visit a Juvenile Home
7. Visit a Psychiatric Clinic
8. Visit a NGO
9. Visit an orphanage home
10. Visit a Vipassana Meditation Centre

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be conduction of field visit and prepare the field reports.
3. Under the guidance of subject teacher students will conduct field visit and prepare a detailed field visit report in project form

Examination Pattern:

- Practical Paper of 2 Credits - 60 clock hours
- Internal Exam (15 Marks) + University Practical Exam (35 Marks) = 50 Marks.
 - a) For Internal Examination
 - i) Submission - 10 Marks
 - ii) Viva - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 35 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 15 students for practical examination.
3. Students will prepare field project report.

Sr. No	Seat No	Field Project Report 15 Marks				Presentation of Report 15 Marks				Viva 05 Marks				Total 35 Marks
		Int	Ext	Total	Average	Int	Ext	Total	Average	Int	Ext	Total	Average	
1														
2														
3														
4														
5														
6														
7														

REFERENCE BOOKS

- Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2008). *Research methods in psychology* (9th ed.). McGraw-Hill.
- Leong, F. T. L., & Austin, J. T. (Eds.). (2006). *The psychology research handbook: A guide for graduate students and research assistants* (2nd ed.). SAGE Publications.
- Creswell, J. W. (2017). *Qualitative inquiry and research design: Choosing among five approaches* (4th ed.). SAGE Publications.
- Myers, A., & Hansen, C. (2011). *Experimental psychology* (7th ed.). Wadsworth, Cengage Learning.
- Price, P. C., Jhangiani, R., & Chiang, I. (2016). *Designing and conducting research in psychology*. Flat World Knowledge.
- Yin, R. K. (2017). *Case study research and applications: Design and methods* (6th ed.). SAGE Publications.
- Silverman, D. (2013). *Doing qualitative research: A practical handbook* (4th ed.). SAGE Publications.
- Field, A. (2018). *Discovering statistics using IBM SPSS statistics* (5th ed.). SAGE Publications.
- Myers, D. G., & Twenge, J. M. (2019). *Social psychology* (13th ed.). McGraw-Hill Education.
- Cook, C. J. L. G., & Brewin, C. R. (Eds.). (2011). *The Oxford handbook of applied psychology*. Oxford University Press.

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	Minor - Theory
Course Code	:	PSY-245 MNT
Course Name	:	Social Psychology
No. of Credits	:	2
No. of Teaching Hours	:	30
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

- Explain the nature of social psychology, its historical development, and its key theories, including motivational, learning, and cognitive perspectives.
- Explore the application of social psychology principles to promote a sustainable future and address contemporary social issues.
- Describe the definition, nature, functions, and formation of the self, along with the processes of self-concept, self-esteem, and self-presentation.
- Explain social identity, social cognition, and social perception, and their roles in shaping behaviour and interactions.
- Understand the definition, components, formation of attitudes, and strategies for changing attitudes.
- Analyse interpersonal attraction, social influence, pro-social behavior, aggression, and group dynamics.

UNIT 1: INTRODUCTION TO SOCIAL PSYCHOLOGY**10 Lectures**

- 1.1 Definition and nature of social psychology
- 1.2 Approach and brief history of social psychology
- 1.3 Theories in social psychology: Motivational, Learning and Cognitive
- 1.4 Social Psychology and sustainable future

UNIT 2: UNDERSTANDING ABOUT THE SELF**10 Lectures**

- 2.1 The Self: Definition, nature, functions and formation of self
- 2.2 Self and its processes: Self-concept, Self-esteem, and self-presentation
- 2.3 Social identity, Social Cognition and Social perception and their functions.
- 2.4 Attitude: Definition, components, formation of attitude and Strategies for attitude change.

UNIT 3: SOCIAL INTERACTION AND GROUP DYNAMICS**10 Lectures**

- 3.1 Interpersonal Attraction: Nature, Definition and Determinants (Internal & External)
- 3.2 Social influence and Specific compliance techniques and Pro-Social Behaviour
- 3.3 Aggression: Definition, nature, causes, control and prevention
- 3.4 Group Dynamics: Nature of groups, Consequences of belonging, Nature of intergroup relations- prejudice, inter-group conflict, Intervention techniques.

REFERENCE BOOKS

- Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
- Baron, R.A.; Byrne, D. and Branscombe, N.R. (2006). Social psychology. 11th ed. N.D.: Pearson.
- Chadha, N.K. (2012). Social Psychology. MacMillan: New Delhi
- Deaux.K & Wrightsman, L. (2001). Social Psychology. California: Cole Publishing
- Kassir, S., Fein, S., & Markus, H.R. (2008). Social psychology. New York: Houghton Mifflin. Misra, G. (2009). Psychology in India, Volume 4: Theoretical and Methodological Developments (ICSSR survey of advances in research). New Delhi:
- Pearson. Myers, D.G. (2008). Social psychology New Delhi: Tata McGraw-Hill. Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). Social Psychology (12th Ed). New Delhi: Pearson.

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	Minor - Practical
Course Code	:	PSY-246 MNP
Course Name	:	Social Survey
No. of Credits	:	2
No. of Teaching Hours	:	60
Lectures per Week	:	4

Course Outcomes:

After completing this course, students will be able to

1. Understand the practical applications of psychology.
2. Acquaint with several data collection methods of psychology.
3. Develop basic skills of report writing in psychology.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The non-laboratory practical will be helpful to the students to learn basic research based psychological skills.

Identify some mental health related key issues in your surrounding and prepare and submit the survey-based report with possible solutions. Select any two key issues from the following and conduct offline or online (in-person, interview or google form through) survey on 10 individuals each with the help of some psychological tests or self-prepared questionnaire. Prepare detailed survey reports with possible solutions and submit the reports of the same.

List of Mental Health Related Key Issues (Select Any Two of the following)

1. Substance Addiction
2. Non-substance Addiction
3. Mental Health Awareness
4. Anger issues among Adolescents
5. Social Media and Mental Health
6. Mental health concerns among the elderly
7. Cultural and societal influences on perceptions of happiness
8. Factors contributing to overall life satisfaction
9. Emotional Intelligence
10. Sources of Stress among Adolescents

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be conduction of online/offline two survey and prepare the survey reports.
3. Under the guidance of subject teacher students will conduct psychological survey and analysis of survey data

Examination Pattern:

- Practical Paper of 2 Credits - 60 clock hours
- Internal Exam (15 Marks) + University Practical Exam (35 Marks) = 50 Marks.
 - b) For Internal Examination
 - iii) MCQ test on survey methods - 10 Marks
 - iv) Viva - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 35 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 15 students for practical examination.
3. Students will prepare two survey reports.

Sr. No	Seat No	Survey Report 1 15 Marks				Survey Report 2 15 Marks				Viva 05 Marks				Total 35 Marks
		Int	Ext	Total	Average	Int	Ext	Total	Average	Int	Ext	Total	Average	
1														
2														
3														
4														
5														
6														
7														
8														

REFERENCE BOOKS

- D Amato (2004). Experimental Psychology: Methodology, Psychophysics and Learning
- Rajamanicam, M. (2005). Experimental Psychology: with Advanced Experiments. Vol 1 & 2. Concept Publishing Company, New Delhi.
- Myers, A. and Hansen. (2002). Experimental Psychology. Wadsworth.
- Postman, L. and Eagan, J. P.(1949). Experimental Psychology- An Introduction. Kalyani Publication.
- Tiwari Govind and Pal Roma (1985). Experimental Psychology: A Dynamic Approach. Vinod Pustak Mandir, Agra

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	OE- Theory
Course Code	:	OE- 202 - PSY
Course Name	:	Psychological Skills & Enrichment of Life
No. of Credits	:	2
No. of Teaching Hours	:	30
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

- Define psychological skills and understand their importance in personal and professional life, along with the different types of these skills.
- Acquire and demonstrate effective communication techniques, including active listening and assertiveness, to enhance interpersonal relationships.
- Proficient in setting and achieving goals using SMART criteria and applying conflict resolution and negotiation strategies in various scenarios.
- Develop emotional intelligence by managing their emotions and fostering empathy, along with building resilience through optimism and a growth mindset.
- Practice mindfulness and adopt strategies to enhance happiness, such as gratitude practices and acts of kindness, to improve overall well-being.
- Evaluate the impact of psychological skills on life enrichment and implement them in daily life to achieve personal growth and life satisfaction.

UNIT 1: INTRODUCTION TO PSYCHOLOGICAL SKILLS**10 Lectures**

- 1.1 Definition and Importance of Psychological Skills
- 1.2 Types of Psychological Skills
- 1.3 Concept & Nature of Life Enrichment
- 1.4 Developing and Applying Psychological Skills in Daily Life

UNIT 2: PSYCHOLOGICAL SKILLS - I**10 Lectures**

- 2.1 Effective Communication - Active Listening & Assertiveness
- 2.2 Goal Setting Techniques - SMART Goals & Visualization and Affirmation
- 2.3 Conflict Resolution and Negotiation Skills
- 2.4 Empathy and Social Skills

UNIT 3: PSYCHOLOGICAL SKILLS - II**10 Lectures**

- 3.1 Developing Emotional Intelligence
- 3.2 Building Resilience - Role of Optimism & Growth Mindset
- 3.3 Mindfulness and Practicing Happiness
- 3.4 Enhance Well-Being - Gratitude Practices & Acts of Kindness and Life Satisfaction and Flourishing

REFERENCE BOOKS

- Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books.
- Robbins, S. P., & Hunsaker, P. L. (2009). *Training in Interpersonal Skills: Tips for Managing People at Work* (6th ed.). Pearson.
- Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion.
- Dweck, C. S. (2006). *Mindset: The New Psychology of Success*. Random House.
- Lyubomirsky, S. (2008). *The How of Happiness: A New Approach to Getting the Life You Want*. Penguin.
- Covey, S. R. (1989). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*. Free Press.
- Carver, C. S., & Scheier, M. F. (2017). *Perspectives on Personality* (8th ed.). Pearson.
- Neff, K. D. (2011). *Self-Compassion: The Proven Power of Being Kind to Yourself*. William Morrow.
- Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Atria Books.

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	III
Name of Vertical Group/Course Type	:	IKS
Course Code	:	IKS - 201 - PSY
Course Name	:	Indian Roots of Psychology
No. of Credits	:	2
No. of Teaching Hours	:	30
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

- Explain the scope and historical development of Indian psychology and distinguish it from Western psychological approaches.
- Analyse the integration of Indian psychology with the scientific method and its contribution to psychological understanding.
- Explore key psychological concepts such as mind (Manas), intellect (Buddhi), and ego (Ahamkara) from Indian philosophical traditions, including Buddhism, Jain philosophy, and Sufism.
- Evaluate the contributions of contemporary Indian psychologists and their impact on the field.
- Apply the mindfulness and meditation as psychotherapeutic techniques in modern mental health practices.
- Critically assess the relevance and effectiveness of yoga and other Indian psychological practices in contemporary therapy and counselling.

UNIT 1: INTRODUCTION TO INDIAN PSYCHOLOGY

10 Lectures

- 1.1 Definition and scope of Indian psychology
- 1.2 Historical development of psychology in India
- 1.3 Differences between Western and Indian psychological approaches
- 1.4 Indian Psychology & the Scientific Method

UNIT 2: INDIAN PHILOSOPHICAL SCHOOLS**10 Lectures**

- 2.1 The concept of mind (Manas), intellect (Buddhi), and ego (Ahamkara)
- 2.2 Buddhism: Concepts of mind, perception, suffering four Noble Truths and the Eightfold Path
- 2.3 Vedic Symbolism, Jain philosophy, Sufism & Self-transformation
- 2.4 Contemporary Indian psychologists and their work

UNIT 3: APPLICATIONS OF INDIAN PSYCHOLOGICAL CONCEPTS**10 Lectures**

- 3.1 Mindfulness as a psychotherapy
- 3.2 Meditation in therapy
- 3.3 Yoga and its role in mental health
- 3.5 The relevance of Indian psychological practices in modern therapy and counseling

REFERENCE BOOKS

- Matthijs, C. R. M., Misra, G., & Varma, S. (2011). Foundations of Indian Psychology. Volume 1, Theories And Concepts Electronic Resource. Pearson.
- Rao, K. R., & Paranjpe, A. C. (2016). Psychology in the Indian tradition. Springer (India) Pvt. Ltd.
- Misra, G., Sanyal, N., & De, S. (2021). Indian Psychology in Prospect. In Psychology in modern India: Historical, Methodological, and Future Perspectives (pp. 203–220). essay, Springer Nature Singapore Pte Ltd.
- Paranjpe, A. C. (2002). The Context of Inquiry. In Self and Identity in Modern Psychology and Indian thought (pp. 12–25). essay, Plenum Publishers.

SEMESTER IV

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Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	Major Core - Theory
Course Code	:	PSY - 255 MJT
Course Name	:	Experimental Psychology & Research Methodology (EPRM)
No. of Credits	:	04
No. of Teaching Hours	:	60
Lectures per Week	:	04

Course Outcomes:

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

1. Grasp the foundational concepts and principles of Experimental Psychology.
2. Design and conduct basic psychological experiments with scientific rigor.
3. Develop familiarity with key research concepts and recognize the significance of research methodology in psychology.
4. Initiate and carry out behavioral and social research projects effectively.

UNIT 1. Introduction to Experimental Psychology (15 Lectures)

- 1.1 Meaning, history and Pioneers of experimental psychology
- 1.2 Introduction of Psychological Experiments: Learning & Memory
- 1.3 Introduction of Psychological Experiments: Sensation & Perception
- 1.4 Applications of experimental psychology

UNIT 2. RESEARCH METHODOLOGY: AN INTRODUCTION (15 Lectures)

2.1 Meaning & Characteristics of Scientific Research

2.2 Goals of Scientific Research

2.3 Classification of Research: Experimental Research; Non Experimental Research

2.4 Phases or Stages in Research

UNIT 3. SAMPLING DESIGN (15 Lectures)

3.1 Meaning and Need of Sampling; Concepts of universe and sample

3.2 Types of Probability Sampling

3.3 Types of Non-probability sampling

3.4 Factors influencing decision of sampling

UNIT 4. METHODS OF DATA COLLECTION (15 Lectures)

4.1 Data Collection – Meaning and Process

4.2 Concepts in Research Data: Primary Data, Secondary Data

4.3 Methods: Observation, Questionnaires, Schedules

4.4 Methods: Interview, Case study, Psychological Tests / Tools

REFERENCE BOOKS

- Bano, Samina.(Consultant Editor) (2012).Experimental Psychology.(1st edn).Dorling Kidersley , (India) Pvt. Ltd.
- D Amato .(2004). Experimental Psychology:Methodology, Psychophysics and Learning
- Rajamanicam, M. (2005). Experimental Psychology: with Advanced Experiments. Vol 1 & 2. Concept Publishing Company, New Delhi.
- Myers, A. and Hansen. (2002).Experimental Psychology. Wadsworth.
- Postman, L. and Eagan, J. P.(1949). Experimental Psychology- An Introduction. Kalyani Publication.
- Tiwari Govind and Pal Roma (1985). Experimental Psychology: A Dynamic Approach. Vinod Pustak Mandir, Agra
- Singh, A.K. (2006). Tests, Measurements and Research Methods in Behavioural
- Sciences. Patna: Bharati Bhavan.
- Kothari, C.R. Research Methodology. New Delhi: Wiley Eastern Ltd

Savitribai Phule Pune University, Pune
F.Y.B.A. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from June 2025-26

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc
Semester	:	IV
Name of Vertical Group/Course Type	:	Major Core - Practical
Course Code	:	PSY - 256 MJP
Course Name	:	Psychological Experiments (Practical)
No. of Credits	:	2
No. of Teaching Hours	:	60
No. of Lectures Per Week	:	4

Course Outcomes:

After completing this course, students will be able to

1. Understand the practical applications of psychology.
2. Acquaint how to conduct the experiments and relate their practical applications
3. Acquaint with several data collection methods of psychology.
4. Develop basic skills of report writing in psychology.
5. Evaluate practical implementation of the psychological experiments in real life.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The course consists of laboratory practicals it will be helpful to the students to learn basic research based psychological skills.

Perform Psychological Experiments, prepare and submit Journal of the same (Any Six)

1. Problem Solving
2. Stroop effect
3. Goal Setting
4. Paired Association
5. Bilateral transfer in Mirror Tracing
6. Reaction Time
7. Short term Memory
8. Serial Learning
9. Effect of Mnemonic Strategy on Memory
10. Illusion

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be demonstration and conduction of practicals based on psychological experiments.
3. Students will prepare the detailed journal report of the conducted experiment.

Examination Pattern:

- Practical Paper of 2 Credits - 60 clock hours
- Internal Exam (15 Marks) + University Practical Exam (35 Marks) = 50 Marks.
- c) For Internal Examination
 - v) Journal Submission - 10 Marks
 - vi) Regularity and Punctuality - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 35 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 15 students for practical examination.
3. At the time of examination students have to perform the any one of the experiments allotted by the examiners on subject and write the detailed report of the same.
4. Two examiners will be appointed by 48(3)(a)(iv) committee, one of whom will be preferably internal examiner.
5. Internal and external examiners will jointly set question papers.

6. Each separate batch will have only one question paper set.
7. The question paper will contain problems based on the practical conducted at the respective centers.
8. In the case where marks are given by internal as well as external examiners, average of the same will be calculated and considered as final marks of the students under the given heading.

Sr. No	Seat No	Instruction & Conduction 10 Marks				Viva 10 Marks				Report Writing (Ext) 10 Marks	Journal 05 Marks	Total 35 Marks
		Int	Ext	Total	Average	Int	Ext	Total	Average			
1												
2												
3												
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9												
10												

REFERENCE BOOKS

- D Amato (2004). Experimental Psychology: Methodology, Psychophysics and Learning
- Rajamanicam, M. (2005). Experimental Psychology: with Advanced Experiments. Vol 1 & 2. Concept Publishing Company, New Delhi.
- Myers, A. and Hansen. (2002). Experimental Psychology. Wadsworth.
- Postman, L. and Eagan, J. P. (1949). Experimental Psychology- An Introduction. Kalyani Publication.
- Tiwari Govind and Pal Roma (1985). Experimental Psychology: A Dynamic Approach. Vinod Pustak Mandir, Agra

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY.....
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	VSC - Theory
Course Code	:	PSY-275 -VSC
Course Name	:	Introduction To Behavioral Abnormalities
No. of Credits	:	2
No. of Teaching Hours	:	30
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

- Understand the meaning, definition, nature, and criteria of abnormal behavior, including historical classifications before the DSM.
- Explain the classification of abnormal behavior according to DSM-5 and ICD-11 and understand the role and functions of the American Psychological Association (APA).
- Examine various paradigms of abnormal behavior, including biological, psychodynamic, cognitive, behavioral, humanistic, existential, sociocultural, biopsychosocial paradigms, and the diathesis-stress model.
- Describe the meaning, nature, types, and diagnostic criteria of mood disorders.
- Gain knowledge about the meaning, nature, types, and diagnostic criteria of anxiety disorders.
- Understand the meaning, nature, types, and diagnostic criteria of developmental and neurocognitive disorders.

UNIT 1: INTRODUCTION TO ABNORMAL BEHAVIOUR

10 Lectures

- 1.1 Meaning, Definition, Nature and criteria of abnormal behaviour
- 1.2 Pre DSM Classification of abnormal behaviour
- 1.3 Classification of abnormal behaviour as per DSM 5 & ICD 11
- 1.4 Role and functions of APA

UNIT 2: PARADIGMS OF ABNORMAL BEHAVIOUR**10 Lectures**

- 2.1 Biological and Psychodynamic Paradigms
- 2.2 Cognitive and Behavioural Paradigms
- 2.3 Humanistic and Existential Paradigms
- 2.4 Sociocultural and Biopsychosocial Paradigms and Diathesis Stress model

UNIT 3: CLASSIFICATION OF ABNORMAL BEHAVIOUR**10 Lectures**

- 3.1 Mood Disorder: Meaning, Nature, Types and diagnostic criteria
- 3.2 Anxiety Disorder: Meaning, Nature, Types and diagnostic criteria
- 3.3 Developmental Disorder: Meaning, Nature, Types and diagnostic criteria
- 3.4 Neurocognitive Disorder: Meaning, Nature, Types and diagnostic criteria

REFERENCE BOOKS

- American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.
- Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). Abnormal Psychology. (16th ed.). Pearson education.
- Comer, R. J. (2019). Fundamentals of Abnormal Psychology, (9th edi.). Macmillan Learning. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). Abnormal Psychology. (12th ed.). International student version, John Wiley & Sons, Singapore
- Nolen-Hoeksema, S. (2014). Abnormal Psychology. (6th ed.). New York: McGrawHill.
- Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education Ray, W. J. (2019). Abnormal Psychology, (3rd edi.). SAGE Publications.
- Whitbourne, S. K., & Halgin, R. P. (2014). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (7th ed.). McGraw-Hill (Indian reprint 2015).

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	CEP
Course Code	:	PSY-285 - CEP
Course Name	:	Community Mental Health Awareness And Enhancement Program
No. of Credits	:	2
No. of Teaching Hours	:	60
Lectures per Week	:	4

Course Outcomes:

After completing this course, students will be able to

- Create and distribute informational brochures, posters, and digital content to promote mental health awareness effectively in their communities.
- Develop and implement a community outreach plan to raise awareness about mental health, ensuring that mental health topics are communicated effectively to diverse audiences.
- Gain practical skills in organizing and facilitating workshops on stress management, resilience building, and stigma reduction, contributing to the mental well-being of community members.
- Develop a social media strategy to advocate for mental health awareness, including creating content that educates and engages online communities about mental health issues.
- Learn how to create impactful poster presentations that convey key mental health messages and raise awareness in public spaces, contributing to visible mental health advocacy.
- Plan and organize rallies aimed at spreading awareness about mental health, promoting community involvement, and reducing stigma associated with mental health issues.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The Community mental health awareness and enhancement program will be helpful to the students to learn about creating mental health awareness among society based on psychological skills.

Following are some areas, select any two of them for community mental health awareness and enhancement program and write the detail report in project form and submit the reports of the same.

List of Community Mental Health Awareness and Enhancement Program

(Select Any Two of the following)

1. Create informational brochures, posters, and digital content for promoting mental health awareness and circulate the same in your surroundings.
2. Develop a community outreach plan to raise awareness about mental health and implement same in your surroundings.
3. Organize and facilitate a mental health workshop on topics like stress management, resilience, and stigma reduction
4. Develop a social media strategy for mental health advocacy
5. Poster Presentation on Mental Health Awareness in public places
6. Rally on Mental Health Awareness

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be conduction of field visit and prepare the field reports.
3. Under the guidance of subject teacher students will conduct field visit and prepare a detailed field visit report in project form

Examination Pattern:

- Practical Paper of 2 Credits - 60 clock hours
- Internal Exam (15 Marks) + University Practical Exam (35 Marks) = 50 Marks.
 - d) For Internal Examination
 - vii) Submission - 10 Marks
 - viii) Viva - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 35 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 15 students for practical examination.
3. Students will prepare reports

Sr. No	Seat No	Report 1 15 Marks				Report 2 15 Marks				Viva 05 Marks				Total 35 Marks
		Int	Ext	Total	Average	Int	Ext	Total	Average	Int	Ext	Total	Average	
1														
2														
3														
4														
5														
6														
7														

REFERENCE BOOKS

- Kitchener, B. A., & Jorm, A. F. (2008). *Mental Health First Aid Manual* (2nd ed.). Orygen Youth Health Research Centre.
- Jorm, A. F., & Wright, A. (2010). *Mental Health Literacy: Empowering the Community to Take Action for Better Mental Health*. The Australian & New Zealand Journal of Psychiatry, 44(1), 33–39.
- Seligman, M. E. P. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*. Atria Books.
- Corrigan, P. W. (2014). *The Stigma of Disease and Disability: Understanding Causes and Overcoming Injustices*. American Psychological Association.
- Burns, R. J., & Machin, J. M. (2014). *Promoting Mental Health: Concepts, Emerging Evidence, Practice*. Wiley.
- WHO (World Health Organization). (2013). *Mental Health Action Plan 2013–2020*. World Health Organization.
- Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books.
- Kabat-Zinn, J. (1994). *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*. Hyperion.

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	Minor - Theory
Course Code	:	PSY - 295 MNT
Course Name	:	Health Psychology
No. of Credits	:	2
No. of Teaching Hours	:	30
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

- Define health psychology and describe its goals, emphasizing the biopsychosocial model and the mind-body relationship.
- Analyze the social, emotional, cognitive, and physical components of health and their influence on overall well-being.
- Explore the psychological aspects of chronic illnesses such as cancer, diabetes, and hypertension, and their impact on mental health.
- Identify the nature and sources of stress, types of stress, and its effects on physical and mental health, alongside various coping strategies.
- Evaluate health-enhancing behaviours, such as exercise and nutrition, and understand the barriers and factors influencing health behavior.
- Distinguish between health-compromising behaviors, protective behaviors, and illness management, and classify human strengths and virtues in health contexts.

UNIT 1: INTRODUCTION TO HEALTH PSYCHOLOGY**10 Lectures**

- 1.1 Definition and Goals of health psychology
- 1.2 Components of Health: Social, Emotional, Cognitive and Physical Aspects
- 1.3 Model of Health Psychology: Mind-body relationship and Bio-psychosocial model of health
- 1.4 Mental Health and Chronic Illness – Cancer, Diabetes and Blood Pressure

UNIT 2: STRESS AND COPING**10 Lectures**

- 2.1 Nature and Sources of Stress
- 2.2 Types of Stress and Effects of Stress on Physical and Mental Health
- 2.3 Coping – Meaning and Nature
- 2.4 Coping – Appraisal Focused, Problem Focused and Emotion Focused

UNIT 3: HEALTH ENHANCING BEHAVIOURS**10 Lectures**

- 3.1 Characteristics of Health Behavior and Barriers to Health Behavior
- 3.2 Health Enhancing behaviors – Exercise and Nutrition
- 3.3 Health Compromising Behaviours, Health Protective behaviours and Illness Management
- 3.4 Classification of Human Strengths and Virtues

REFERENCE BOOKS

- Allen, F. (2011). Health psychology and behaviour. Tata McGraw Hill Edition.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.
- Dimatteo, M. R., & Martin L. R. (2011). Health psychology. India: Dorling
- Di Matteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson.
- Forshaw, M. (2003). Advanced Psychology: Health Psychology. London: Hodder and Stoughton.
- Hick, J.W. (2005). Fifty signs of Mental Health. A Guide to understanding mental health. Yale University Press.
- Misra, G. (1999). Stress and Health. New Delhi: Concept. Routledge.
- Sarafino, E.P. (2002). Health psychology: Bio psychosocial interactions (4th Ed.). NY: Wiley. Snyder, C.R., & Lopez, S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
- Taylor, S.E. (2006). Health psychology, 6th Edition. New Delhi: Tata McGraw Hill

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	Minor - Practical
Course Code	:	PSY- 296 MNP
Course Name	:	Psychological Assessment
No. of Credits	:	2
No. of Teaching Hours	:	60
Lectures per Week	:	4

Course Outcomes:

After completing this course, students will be able to

1. Understand the practical applications of psychology.
2. Acquaint how to conduct the psychological tests and relate their practical applications
3. Acquaint with several data collection methods of psychology.
4. Develop basic skills of report writing in psychology.
5. Evaluate practical implementation of the psychological tests in real life.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The practical will be helpful to the students to learn basic research based psychological skills.

Select Any Two of the following and prepare, detailed report of the same and submit it for assessment

1. **Locus of Control:** To assess the Locus of Control of four college students by using Rotter's Locus of Control Scale.
2. **Emotional Intelligence:** To measure the emotional intelligence of four college students by using the suitable Emotional Intelligence Scale
3. **Mental Health:** To measure the mental health of four college students by using the suitable mental health scale
4. **Stress Management:** To examine the stress management of four college students by using the suitable stress management scale.
5. **Coping:** To measure the mental health of four college students by using the suitable mental health scale
6. **Adjustment:** To measure the adjustment of four college students by using the suitable adjustment scale.
7. **Introversion-Extroversion Personality:** To examine the introversion-extroversion personality of four college students by using the suitable personality inventory.

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be conduction of online/offline two survey and prepare the survey reports.
3. Under the guidance of subject teacher students will conduct psychological survey and analysis of survey data

Examination Pattern:

- Practical Paper of 2 Credits - 60 clock hours
- Internal Exam (15 Marks) + University Practical Exam (35 Marks) = 50 Marks.
 - e) For Internal Examination
 - ix) MCQ test - 10 Marks
 - x) Viva - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 35 Marks as follows.

1. University exam will be 3 hours
2. There will be a batch of 15 students for practical examination.
3. At the time of examination students have to perform the any one of the experiment allotted by the examiners on subject and write the detailed report of the same.
4. Two examiners will be appointed by 48(3)(a)(iv) committee, one of whom will be preferably internal examiner.
5. Internal and external examiners will jointly set question papers.
6. Each separate batch will have only one question paper set.
7. The question paper will contain problems based on the practical conducted at the respective centers.
8. In the case where marks are given by internal as well as external examiners, average of the same will be calculated and considered as final marks of the students under the given heading.

Sr. No	Seat No	Report 1 15 Marks				Report 2 15 Marks				Viva 05 Marks				Total 35 Marks
		Int	Ext	Total	Average	Int	Ext	Total	Average	Int	Ext	Total	Average	
1														
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3														
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7														
8														

REFERENCE BOOKS

- Anastasi, A. & Urbana, S (2005). *Psychological Testing*. (7th), Prentice-Hall, New Delhi.
- Dandekar, W. N. and Rajguru. (2001). *An Introduction to Psychological Testing and Statistics*. Seth Publications Pvt. Ltd.
- Kaplan, R. M. and Saccuzzo, D.P. (2007). *Psychological Testing: Principles, Applications and Issues*. Australia: Thomson, Wadsworth.

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	OE - Practical
Course Code	:	OE - 252 - PSY
Course Name	:	Applied Psychology-Practical
No. of Credits	:	2
No. of Teaching Hours	:	60
Lectures per Week	:	2

Course Outcomes:

After completing this course, students will be able to

1. Understand the practical applications of psychology.
2. Acquaint how to conduct the psychological tests and relate their practical applications
3. Acquaint with several data collection methods of psychology.
4. Develop basic skills of report writing in psychology.
5. Evaluate practical implementation of the psychological tests in real life.

Introduction:

The structure of this course is based on three pillars. One, psychology as a science; two, core objectives of NEP and three, skills-based training to the students in the light of NEP objectives. So at every level of the curriculum the students should be trained in a skills oriented manner. The practical will be helpful to the students to learn basic research based psychological skills.

Select Any Two of the following and prepare, detailed report of the same and submit it for assessment

1. **Emotional Intelligence:** To measure the emotional intelligence of four college students by using the suitable Emotional Intelligence Scale
2. **Resilience:** To measure the resilience of four college students by using the suitable scale
3. **Well being:** To examine the well being of four college students by using the suitable scale.
4. **Happiness:** To measure the happiness of four college students by using the suitable scale
5. **Life Satisfaction:** To measure the life satisfaction of four college students by using the suitable adjustment scale.

Operationalization of the Course:

The course will be operationalized in the following manner:

1. There will be a batch of 15 students.
2. There will be conduction of online/offline two survey and prepare the survey reports.
3. Under the guidance of subject teacher students will conduct psychological survey and analysis of survey data

Examination Pattern:

- Practical Paper of 2 Credits - 60 clock hours
- Internal Exam (15 Marks) + University Practical Exam (35 Marks) = 50 Marks.
 - f) For Internal Examination
 - xi) MCQ test - 10 Marks
 - xii) Viva - 05 Marks

Assessment of the student:

The Assessment structure of Final Semester End University Examination of 35 Marks as follows.

1. University exam will be 3 hours

2. There will be a batch of 15 students for practical examination.
3. At the time of examination students have to perform the any one of the experiment allotted by the examiners on subject and write the detailed report of the same.
4. Two examiners will be appointed by 48(3)(a)(iv) committee, one of whom will be preferably internal examiner.
5. Internal and external examiners will jointly set question papers.
6. Each separate batch will have only one question paper set.
7. The question paper will contain problems based on the practical conducted at the respective centers.
8. In the case where marks are given by internal as well as external examiners, average of the same will be calculated and considered as final marks of the students under the given heading.

Sr. No	Seat No	Report 1 15 Marks				Report 2 15 Marks				Viva 05 Marks				Total 35 Marks
		Int	Ext	Total	Average	Int	Ext	Total	Average	Int	Ext	Total	Average	
1														
2														
3														
4														
5														
6														
7														
8														

REFERENCE BOOKS

- Anastasi, A. & Urbana, S (2005). *Psychological Testing*. (7th), Prentice-Hall, New Delhi.
- Dandekar, W. N. and Rajguru. (2001). *An Introduction to Psychological Testing and Statistics*. Seth Publications Pvt. Ltd.
- Kaplan, R. M. and Saccuzzo, D.P. (2007). *Psychological Testing: Principles, Applications and Issues*. Australia: Thomson, Wadsworth.

Savitribai Phule Pune University, Pune
S.Y.B.Sc. PSYCHOLOGY
Restructuring Pattern Syllabus (As per NEP-2020)
To be implemented from 2025-2026

Name of the Programme	:	B.Sc. Psychology
Program Code	:	PSY
Class	:	S.Y.B.Sc.
Semester	:	IV
Name of Vertical Group/Course Type	:	SEC
Course Code	:	PSY - 252 - SEC
Course Name	:	Personality Development (Theory)
No. of Credits	:	02
No. of Teaching Hours	:	30
Lectures per Week	:	02

Course Outcomes:

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

1. Acquaint with foundational psychological concepts that foster holistic personality development.
2. Understand essential psycho-social skills that enhance employability and drive professional success.
3. Use effective strategies for self-management and building meaningful interpersonal relationships.

Unit 1: Self-Management

(10 Lectures)

- 1.1 SOWC analysis
- 1.2 Time management
- 1.3 Self-discipline
- 1.4 Keep away from procrastination

Unit 2: Interpersonal and social skills**(10 Lectures)**

- 2.1 Transactional analysis
- 2.2 Harmonies inter-personal relationship.
- 2.3 Improving social intelligence
- 2.4 Family and Social adjustment

Unit 3: Psycho-social skills for Employability and professional success**(10 Lectures)**

- 3.1 Creativity and innovation
- 3.2 Self-motivation
- 3.3 Self-presentation & Impression management
- 3.4 Positive thinking

REFERENCE BOOKS

- Baron, R.A., Byrne, D. & Bhardwaj. G (2010). Social Psychology (12th Ed). New Delhi: Pearson.
- Baron, R.A.; Byrne, D. and Branscombe, N.R. (2006). Social psychology. 11th ed. N.D.: Pearson.
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- Shiv Khera. You Can Win
- Goleman, D. (1995). *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam Books
- Robbins, S. P., & Hunsaker, P. L. (2009). *Training in Interpersonal Skills: Tips for Managing People at Work* (6th ed.). Pearson.
- Dweck, C. S. (2006). *Mindset: The New Psychology of Success*. Random House.
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- Covey, S. R. (1989). *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*. Free Press.
- Carver, C. S., & Scheier, M. F. (2017). *Perspectives on Personality* (8th ed.). Pearson.
- Neff, K. D. (2011). *Self-Compassion: The Proven Power of Being Kind to Yourself*. William Morrow