

Shree Warana Vibhag Shikshan Mandal's

**WARANA UNIVERSITY,
WARANANAGAR**

(A State Public University established under Section 3 (6) of MPUA, 2016)

॥ विद्या सर्वस्य भूषणम् ॥



Established: 2025

**Structure & Syllabus For
Bachelor of Arts-B. A. in Psychology**

UNDER

Faculty of Humanities

B. A. Part - I (Semester - I and II)

(As Per National Education Policy – 2020)

With Effect From Academic Year 2025-26 Onwards

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Abbreviations:

POs	Program Outcomes
PSOs	Program Specific Outcomes
COs	Course Outcomes
DSC	Discipline Specific Core
DSE	Discipline Specific Elective
GE	Generic Elective
OE	Open Elective
VSC	Vocational Skill Course
SEC	Skill Enhancement Course
IKS	Indian Knowledge System
AEC	Ability Enhancement Course
VEC	Value Education Course
OJT	On Job Training (Internship)
FP	Field project
CEP	Community engagement project
CC	Co-curricular Courses
RM	Research Methodology
RP	Research Project
MJ	Major Course
MN	Minor Course

1. PREAMBLE

Psychology is the scientific study of human behavior and the mental processes underlying it. It also investigates how people think, feel, and interact with each other. Psychology also applies its knowledge and research methods to various domains such as education, organization, health care, sports, and social issues. The syllabus for the first-year undergraduate course in psychology aims to introduce students to the basic concepts, theories, and applications of psychology in relation to friendship, love, personality, health, and community. The course is divided into seven papers, each covering a different aspect of psychology and its relevance to human life.

Furthermore, the curriculum emphasizes the practical application of psychological theories through internships, where students can gain hands-on experience in real-world settings, fostering a deeper understanding of how psychology contributes to societal well-being. The course is prepared according to the National Education Policy (NEP) 2020, which emphasizes interdisciplinary, experiential, and holistic learning. It will use various pedagogical methods, such as lectures, discussions, case studies, assignments, projects, and field visits, to engage students and enhance their learning outcomes. The course also aims to encourage students to reflect on their own experiences, attitudes, and values and to develop critical thinking, communication, and interpersonal skills.

2. PROGRAMME LEARNING OUTCOMES (PO)

- Participants will apply psychological principles to address real-world problems and challenges in areas such as relationship development, friendship, love, love in the digital era, marriage, and family domains within applied psychology.
- Participants will demonstrate a comprehensive understanding of the theories, concepts, and research methods relevant to health psychology
- Participants will demonstrate an increased understanding of their own strengths, weaknesses, values, and personal preferences and develop effective interpersonal skills.
- Participants will understand the process of job interview and develop emotional intelligence skills.
- Participants will understand the community mental health issues and apply the required skills

3. DURATION

The Bachelor of Arts in Psychology programme shall be A FULL TIME COURSE OF 3/4 YEARS 6/8 SEMESTERS DURATION with 22 Credits per Semester. (Total Credits = 132/176)

4. ELIGIBILITY FOR ADMISSION:

The candidate who has qualified SENIOR SECONDARY SCHOOL EXAMINATION (10 + 2) OR EQUIVALENT from a recognized board/institute is eligible for admission for this course. The criteria for admission are as per the rules and regulations set from time to time by concerned departments, HEIs, university, government, and other relevant statutory authorities.

5. MEDIUM OF INSTRUCTION:

The medium of instruction shall be ENGLISH or MARATHI. The students will have AN OPTION TO WRITE ANSWER-SCRIPTS IN ENGLISH OR MARATHI. (EXCEPT LANGUAGES)

6. EXAMINATION PATTERN:

The pattern of examination will be Semester End Examination with Internal Assessment/Evaluation.

NOTE: Separate passing is DSC for both, Semester End Examination, and Internal Evaluation/Assessment. (Annexure-I)

7. MEME Instructions:

In alignment with the National Education Policy (NEP) 2020, the Bachelor of Science (B.Sc.) program adopts the Multiple Entry and Multiple Exit (ME-ME) framework. This flexible structure is designed to provide students with academic mobility, skill development, and lifelong learning opportunities. Through ME-ME framework, the program enables students to enter and exit at different stages with appropriate certifications. Information regarding different entry and exit options available to students and respective mandatory number of credits to be earned by the students are provided in the table below.

Year	Stage of exit	Type of Award	Mandatory Credits to be earned	Minimum credits to be earned
1	After successful completion of One Year	Undergraduate Certificate in Science	44	40
2	After successful completion of Two Year	Undergraduate Diploma in Science	88	80
3	After successful completion of Three Year	Bachelor of Science Degree	132	120

Re-entry provision: Students leaving after a undergraduate certificate or undergraduate diploma may re-enter the program within 5 years by earning required credits through Academic Bank of Credits.

8. General Guidelines for the selection of subjects

1. In first year, student has to choose three DSC subjects from the basket for faculty of Humanities.
(Semester wise baskets are below the structure of programme)
2. At the start of second year, out of these 3 DSC subjects, he/she has to opt one subject as Major subject and one as Minor subject. The remaining DSC subject will be dropped.
3. Student cannot select a subject as major or minor other than the subjects taken in first year.
4. OE is to be chosen compulsorily from faculty other than that of the major. (B. A. students needs to select OE from faculty of Science and Technology or Commerce and management)
5. SEC is to be selected from the basket of Skill courses approved by the university.
6. IKS (Generic) will be provided by the university separately.
7. C-C, Co-Curricular Activities will be listed by university and communicated separately.
8. CEP- Guidelines for Community Engagement Programmers are provided each BoS.
9. VEC- The functioning of Value Education Course is organized by university.

8. STRUCTURE OF PROGRAMME

Credit Distribution Structure for B.A. I in Psychology with Multiple Entry and Exit Options.

COURSE CATEGORY	ABBREVIATION (Only 2 Letters)	DESCRIPTION	Sem., I Credit	Sem. II Credit
DSC	DSC (DS)	Discipline Specific Course *(Any Three from Basket.)	4x3=12	4x3=12
OE	OE (OE)	Open Elective **(Any Three from Basket).	2x1=02	2x1=02
SEC	SEC (SE)	Skill Enhancement Course ***(Any Three from Basket.)	2x1=02	2x1=02
AEC/IKS/VEC	AEC (AE)	Ability Enhancement Course	2x1=02	2x1=02
	IKS (IK)	Indian Knowledge System (Generic)	2x1=02	-----
	VEC (VE)	Value Education Course	-----	2x1=02
CC/CEP	CC (CC)	Co-curricular Course	2x1=02	-----
	CEP (CE)	Community Engagement Project ****(Any One from Basket)	-----	2x1=02
			22	22
			Total 44	

B. A. I- Subject Basket-

* DSC – Semester I

Sr. No	Subject	DSC	Hours	Credits
1	Marathi	रुजुवात: भाग-१ व मराठी व्याकरण	4	4
2	Hindi	आधुनिक हिंदी साहित्य-I	4	4
3	English	Introduction to English Literature (Short Story) and Language (Word Classes) – I P – 01	4	4
4	Economics	Indian Economy-I	4	4
5	History	Rise and Growth of Maratha Swarajya (1600-1680)	4	4
6	Sociology	Introduction to Sociology	4	4
7	Political Science	Indian Constitution	4	4
8	Psychology	Psychology for Friendship and Love - P-01	4	4
9	Geography	Physical Geography	4	4

* DSC – Semester II

Sr. No	Subject	DSC	Hours	Credits
1	Marathi	रुजुवात: भाग-२ व मराठी व्याकरण	4	4
2	Hindi	आधुनिक हिंदी साहित्य- II	4	4
3	English	Introduction to English Literature (Poetry) and Language (Morphology) – II P – 02	4	4
4	Economics	Indian Economy-II	4	4
5	History	Legacy of Chhatrapati Shivaji Maharaj (1630-1707)	4	4
6	Sociology	Changing Nature of Social Institutions	4	4
7	Political Science	Indian Government	4	4
8	Psychology	Health Psychology-P- 02	4	4
9	Geography	Human Geography	4	4

** OE- Semester I

Sr. No	Subject	OE	Hours	Credits
1	Marathi	मराठी भाषेचे अंतरंग	2	2
2	Hindi	प्रयोजनमूलक हिंदी और कविताएं	2	2
3	English	Basic English Usage	2	2
4	Economics	Economics of Indian Agriculture	2	2
5	History	Maratha Forts	2	2
6	Sociology	Sociology of Youth - I	2	2
7	Political Science	Introduction To Public Administration	2	2
8	Psychology	Psychological First Aid	2	2

**** OE- Semester II**

Sr. No	Subject	OE	Hours	Credits
1	Marathi	साहित्याची रूपे	2	2
2	Hindi	प्रयोजनमूलक हिंदी और कहानियाँ	2	2
3	English	Improving Reading Comprehension in English (02)	2	2
4	Economics	Indian Economic Problems	2	2
5	History	Study of Select Forts	2	2
6	Sociology	Sociology of Youth - II	2	2
7	Political Science	Personnel Administration	2	2
8	Psychology	Build Good and Break Bad Habits	2	2

***** SEC- Semester I**

Sr. No	Subject	SEC	Hours	Credits
1	Marathi	व्यक्तिमत्व विकास आणि भाषिक कौशल्ये (भाग-१)	2	2
2	Hindi	पत्रकारिता	2	2
3	English	Conversational Skills In English	2	2
4	Economics	Finance and Banking I-01	2	2
5	History	Historical Tourism	2	2
6	Sociology	Introduction to Social Audit - I	2	2
7	Political Science	Rural Local Self Government	2	2
8	Psychology	(Interpersonal Skills) -01	2	2
9	Geography	Fundamental of Tourism	2	2

***** SEC- Semester II**

Sr. No	Subject	SEC	Hours	Credits
1	Marathi	व्यक्तिमत्व विकास आणि भाषिक कौशल्ये (भाग-२)	2	2
2	Hindi	समाचार लेखन	2	2
3	English	Developing Writing Skills in English	2	2
4	Economics	Entrepreneurial Economics	2	2
5	History	Management of Historical Tours	2	2
6	Sociology	Introduction to Social Audit - II	2	2
7	Political Science	Urban Local Self Government	2	2
8	Psychology	Emotional Intelligence Skills -02	2	2
9	Geography	Components of Tourism	2	2

**** CEP- Semester II

Sr. No	Subject	CEP	Hours	Credits
1	Marathi	समाजभान	2	2
2	Hindi	--	-	-
3	English	--	-	-
4	Economics	Social Problems and Programs	2	2
5	History	Preservation of Local History	2	2
6	Sociology	Women And Health	2	2
7	Political Science	Election and Administrative Process: A field Study	2	2
8	Psychology	Community Mental Health	2	2
9	Geography	Acquisition of Social Data	2	2

9. Determination of CGPA, Grading and Declaration of result

University has adopted 10-point Grading System as follows:

- If the total marks of the course are 100 and passing criteria is 40%, then use the following Table 1 for the conversion.
- If total marks of any of the course are 50 and passing criterion is 40%, then marks obtained are converted to marks out of 100 as below and then grade points are computed using Marks out of 100 as per Table 2.

$$\text{Marks out of 100} = \frac{\text{Marks obtained by student in that course}}{\text{Total marks of that course}} \times 100$$

Table 1: Conversion of Marks out of 100 to grade point.

Sr. No.	Marks Range out of 100	Grade point	Letter grade
1	80 – 100	10	O: Outstanding
2	70 – 79	9	A+: Excellent
3	60 – 69	8	A: Very Good
4	55 – 59	7	B+: Good
5	50 – 54	6	B: Above Average
6	45 – 49	5	C: Average
7	40 – 44	4	P: Pass
8	0 – 39	0	F: Fail
9	Absent	0	Ab: Absent

Table 2: Conversion of Marks out of 50 to grade point

Sr. No.	Marks Range out of 50	Grade point	Letter grade
1	40 – 50	10	O: Outstanding
2	35 – 39	9	A+: Excellent
3	30 – 34	8	A: Very Good
4	28 – 29	7	B+: Good
5	25 – 27	6	B: Above Average
6	23 – 24	5	C: Average
7	20 – 22	4	P: Pass
8	0 – 19	0	F: Fail
9	Absent	0	Ab: Absent

1. Semester Grade Point Average (**SGPA**)

$$SGPA = \frac{\sum(\text{Course credits} \times \text{Grade points obtained}) \text{ of a semester}}{\sum(\text{Course credits}) \text{ of respective semester}}$$

2. Cumulative Grade Point Average (**CGPA**)

$$CGPA = \frac{\sum(\text{Total credits of a semester} \times \text{SGPA of respective semester}) \text{ of all semesters}}{\sum(\text{Total course credits}) \text{ of all semesters}}$$

10. NATURE OF QUESTION PAPER AND SCHEME OF MARKING:

For Bachelor of Arts (BA)

For Four Credits: Written Examination (60) + Internal Assessment (40) = Total (100 Marks)

For Four Credits: Written Examination (30) + Internal Assessment (20) = Total (50 Marks)

FOR SOCIAL SCIENCES

A. For Four Credits: Total Marks: 60 (Written Examination)

Question No. 1 : Multiple Choice Questions (10 MCQs) (1 marks each) (10 X 1) 10 marks

Question No. 2 : Short Notes (any four out of six) (5 X 4) 20 marks

Question No. 3 : Short Questions (any four out of six) (5 X 4) 20 marks

Question No. 4 : Answer the Following. (any one out of two) (10 X 1) 10 marks

Note : Question Paper should cover all the units in the syllabus.

B. For Two Credits: Total Marks: 30 (Written Examination)

Question No. 1 : Multiple Choice Questions (05 MCQs) (1 marks each) (5 X 1) 05 marks

Question No. 2 : Short Notes (any two out of four) (5 X 2) 10 marks

Question No. 3 : Short Questions (any two out of four) (5 X 2) 10 marks

Question No. 4 : Answer the Following. (any one out of two) (5 X 1) 05 marks

Note : Question Paper should cover all the units in the syllabus.

Internal Evaluation Scheme

A) For Four Credits Total Marks: 40

- 1) Home Assignment (10)
- 2) Class Assignment (10)
- 3) Quiz (10)
- 4) Midterm Test (10)

B) For Two Credits Total Marks: 20

- 1) Home Assignment (05)
- 2) Class Assignment (05)
- 3) Quiz (05)
- 4) Midterm Test (05)

Duration of Examination

- | | | | |
|------|---------------------------------------|-----------|---------|
| i. | Duration of Examination for | 60 marks- | 2 Hours |
| ii. | Duration of Examination for | 30 marks- | 1 Hours |
| iii. | Duration of Practical Examination for | 50 marks- | 2 Hours |

11. Course Wise Syllabus (Paper)

WARANA UNIVERSITY WARANANAGAR
B.A.I, PSYCHOLOGY, SEMESTER-I
DSC- I, Psychology for Friendship and Love

Faculty	Humanities
Program	B.A- Psychology
Course	B.A.I
Semester	I
Course Category	Discipline Specific Course (DSC 01)
Course Name	Psychology for Friendship and Love
Course Number	DS18
Course Code	2502UAPYMJ101
Course Credits	4
Marks	100(60+40) SEM END 60 + INTERNAL ASSESSMENT 40 = TOTAL MARKS 100

Course Outcomes: Students would be able to...

1. Understand Relationship Development
2. Explore Friendship
3. Study Theories of Romantic Love
4. Examine the Course of Romantic Love
5. Explore Marriage and Family Dynamics
6. Address Vulnerable Areas in Marital Adjustment
7. Study Gender Behaviour and Sexual Expression

DSC -I, Psychology for Friendship and Love

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit 4
1.0		Friendship	15	1
	1.1	Relationship Development A. Initial Encounters B. Established Relationship		
	1.2	Friendship A. What makes a good friend? B. Gender And Sexual orientation C. Conflict in Friendship		
	1.3	Barriers And Facilitators of Friendship A. Barriers Of Friendship a. Segregation b. Prejudice c. Expectation of Assimilation d. Trust e. Peer Influence		

		<ul style="list-style-type: none"> B. Facilitators Of Friendship <ul style="list-style-type: none"> a. Contact b. Transformative Experiences c. Becoming an Ally 		
2.0		Romantic Love	15	1
	2.1	<ul style="list-style-type: none"> Theories of Love <ul style="list-style-type: none"> A. Triangular Theory of Love B. Romantic Love as Attachment 		
	2.2	<ul style="list-style-type: none"> The Course of Romantic Love <ul style="list-style-type: none"> A. Why Relationship End B. How Relationship End C. Helping Relationship Last 		
	2.3	<ul style="list-style-type: none"> The Internet and Close Relationship <ul style="list-style-type: none"> A. Developing Close Relationship Online B. Building Online Intimacy C. Moving beyond Online Relationships 		
	2.4	<ul style="list-style-type: none"> Overcoming Loneliness <ul style="list-style-type: none"> A. The Nature and Prevalence of Loneliness B. The Roots of Loneliness C. The Correlates of Loneliness D. Conquering Loneliness 		
3.0		Marriage and the Family	15	1
	3.1	<ul style="list-style-type: none"> Challenges to the Traditional Model of Marriage <ul style="list-style-type: none"> A. Definition of marriage and the current status of same-sex marriage B. Social trends affecting the institution of marriage 		
	3.2	<ul style="list-style-type: none"> Deciding to Marry <ul style="list-style-type: none"> A. Cultural Influences on Marriage B. Selecting a Mate C. Predictors of Marital Success 		
	3.3	<ul style="list-style-type: none"> Marital Adjustment across the Family Life Cycle <ul style="list-style-type: none"> A. Between Families: The Unattached Young Adult B. Joining Together: The Newly Married Couple C. The Family with Young Children D. The Family with Adolescent Children E. Launching Children into the Adult World F. The Family in Later Life 		
	3.4	<ul style="list-style-type: none"> Vulnerable Areas in Marital Adjustment <ul style="list-style-type: none"> A. Gaps in Role Expectations B. Work and Career Issues C. Financial Difficulties D. Inadequate Communication 		

4.0		Gender, Sexuality, and Relationship Challenges	15	1
	4.1	Gender and Role Expectations A. Gender Role Expectations and Problems (Males & Females) B. Alternatives to Traditional Gender Roles		
	4.2	Sexuality and Its Expression A. Becoming a Sexual Person (Identity, Biological, and Psychosocial Influences) B. Patterns of Sexual Behavior (Committed vs. Casual Relationships) C. Practical Issues in Sexual Activity (Contraception, STDs & Prevention)		
	4.3	Contemporary Issues in Relationships A. Divorce and Its Aftermath (Adjustment, Children, Remarriage) B. Alternatives to Marriage (Same-Sex Marriage, Cohabitation, Remaining Single) C. Intimate Partner Violence (Partner Abuse, Date Rape)		

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WARANA UNIVERSITY WARANANAGAR
B.A.I, PSYCHOLOGY, SEMESTER-I
OE- I, Psychological First Aid for B. Com., B. Sc. I

Faculty	Humanities
Program	B.A.
Course	B. A. I
Semester	I
Course Category	Open Elective (OE-I)
Course Name	Psychological First Aid
Course Number	OE-I
Course Code	2502UAPYOE101
Course Credits	2
Marks	50(30+20) SEM END 30 + INTERNAL ASSESSMENT 20 = TOTAL MARKS 50

Course Outcomes: Students would be 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

OE-I Psychological First Aid

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit 2
1.0		Understanding Psychological First Aid	15	1
	1.1	Meaning of PFA a. What is PFA? b. Objectives of PFA c. Who, When and Where?		
	1.2	Different Kinds of Crises a. Personal Crises b. Social Crises c. Health Challenges d. Violence e. Natural Disasters		

		f. Man-Made Disasters		
	1.3	Mental Trauma a. Definition b. Reactions to Trauma: Common Reactions and Complex Reactions		
	1.4	Elements of Psychosocial Support a. Ensuring Safety b. Promoting Calm c. Promoting Connectedness d. 1.4.4 Promoting Self-efficacy e. 1.4.5 Instilling Hope		
2.0		Providing Psychological First Aid (PFA)	15	1
	2.1	Action Principles of PFA – 3Ls a. Look b. Listen c. Link		
	2.2	Models of PFA a. ALGGI Model b. RAPID Model c. Golden Six Steps d. Patanjali’s Eight Ways		
	2.3	Self-Care : Look, Listen and Link a. Recognize your own limits and limitations b. Recognize signs and Symptoms of Stress and Burnout c. Applying Look, Listen and Link to Self-Care		

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WARANA UNIVERSITY WARANANAGAR
B.A.I, PSYCHOLOGY, SEMESTER-I

Skill Enhancement Course (SEC-I)

Faculty	Humanities
Program	B.A- Psychology
Course	B.A.I
Semester	I
Course Category	Skill Enhancement Course (SEC-I)
Course Name	Interpersonal Skills
Course Number	SE18
Course Code	2502UAPYSE101
Course Credits	2
Marks	50(30+20) SEMESTER END 30 + INTERNAL ASSESSMENT 20 = TOTAL MARKS 100

Course Outcomes: Students would be able to...

1. demonstrate active listening skills and respond appropriately to others' messages.
2. express their ideas clearly and concisely, both verbally and in writing.
3. exhibit empathy in their interactions, considering others' feelings and experiences.
4. practice negotiation and mediation skills to resolve conflicts in various contexts.
5. apply interpersonal skills in professional contexts such as interviews, and presentations.

SEC-I Interpersonal Skills

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit 2

1.0		Foundations of Interpersonal Skills	15	1
	1.1	Active Listening: Techniques to improve active listening skills, understand non-verbal cues, and respond empathetically.		
	1.2	Verbal and Non-Verbal Communication: Enhancing both verbal and nonverbal communication skills for clarity and understanding.		
	1.3	Empathy and Emotional Intelligence: Developing empathy, understanding emotions, and managing emotions in social interactions.		
	1.4	Conflict Resolution: Strategies for resolving conflicts peacefully and finding mutually beneficial solutions.		
	1.5	Building Rapport: Techniques to establish trust and build rapport with various individuals.		
2.0		Advanced Interpersonal Skills	15	1
	2.1	Negotiation Skills: Strategies for effective negotiation, understanding interests, and finding win-win solutions.		
	2.2	Leadership and Influencing Others: Developing leadership skills and techniques for positively influencing others.		
	2.3	Cultural Competence: Understanding cultural differences, promoting inclusivity, and fostering diversity awareness.		
	2.4	Assertiveness: Building assertiveness skills to express thoughts, feelings, and needs confidently and respectfully.		
	2.5	Networking and Relationship Building: Techniques for networking, building professional relationships, and maintaining connections.		

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Activities and Exercises Suggested for Internal Assessment (20)

1. Home Assignment (5)
2. Class Assignment (5)
3. Quiz (5)
4. Midterm Test (5)

WARANA UNIVERSITY WARANANAGAR

B.A.I, PSYCHOLOGY, SEMESTER-II

Faculty	Humanities
Program	B.A- Psychology
Course	B.A.I
Semester	II
Course Category	Discipline Specific Course (DSC 02)
Course Name	Health Psychology
Course Number	DS18
Course Code	2502UAPYMJ201
Course Credits	4
Marks	100(60+40) SEM END 60 + INTERNAL ASSESSMENT 40 = TOTAL MARKS 100

Course Learning Outcomes:Students would be able to...

1. Students will understand the concept and state of health.
2. Students would be able to regulate physical and mental processes.
3. Students will understand the need and challenges before health psychology.
4. Course would be helpful in developing health habits and promote health behavior among students.
5. To identify the concept of stress, sources of stress and stressful events.

DSC 02- Health Psychology

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit 4
1.0		Introduction to Health Psychology	15	1
	1.1	What is Health Psychology?		

		a) Definition of Health Psychology b) Mind-Body Relationship		
	1.2	The Need for Health Psychology a) Changing Patterns of Illness b) Advances in Technology and Research c) Expanded Health Care Services d) Increased Medical acceptance		
	1.3	Health Psychology- Challenges for the Future a) Health Promotion b) Trends in Health and Health Psychology c) Becoming a Health Psychologist		
2.0		Health Behaviour	15	1
	2.1	Health Promotion: An Overview a) Health Behaviours and Health Habits b) Practicing and Changing Health Behaviours c) Barriers to Modifying		
	2.2	Changing Health Habits a) Attitude change and Health Behaviour b) Various Models of Health Belief		
	2.3	Cognitive-behavioural approaches to Health Behaviour Change		
3.0		Health Promotion Behaviours	15	1
	3.1	Exercise a) Benefits of Exercise b) Effects of Exercise c) Determinants of Exercise d) Characteristics of Exercise e) Exercise Interventions		
	3.2	Developing Healthy Diet a) Changing Diet b) Resistance to Modifying Diet c) Stress and Diet d) Who Controls their Diet?		
	3.3	Sleep a) What is Sleep? b) Sleep and Health c) Rest, Renewal, Savoring		
4.0		Health-Compromising Behaviours and Lifestyle Risks	15	1
	4.1	Health-Compromising Behaviours a) Obesity and Unhealthy Eating Patterns b) Alcohol Use and Abuse c) Smoking and Tobacco Use		
	4.2	Risky Health Behaviours a) Drug Use and Dependence b) Unsafe Sexual Behaviour c) Risky Driving and Accidents		

	4.3	Towards Healthier Lifestyles a) Lifestyle Modification and Behavioural Interventions b) Social and Cultural Factors in Health Risks c) Role of Health Psychologists in Community Health Promotion		
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Taylor S. E. (2018). *Health Psychology*, 10 (Indian Ed.) McGraw Hill Education (India) Pvt. Ltd.

Activities and Exercises Suggested for Internal Assessment (40)

1. Home Assignment (10)
2. Class Assignment (10)
3. Quiz (10)
4. Midterm Test (10)

WARANA UNIVERSITY WARANANAGAR

OE FOR B.Com, B. Sc, SEMESTER-II

Faculty	Humanities
Program	B.Com,B.Sc- Psychology
Course	B.Com,B.Sc- I
Semester	II
Course Category	OE-II
Course Name	Build Good and Break Bad Habits (Psychology)
Course Number	OE18
Course Code	2502UAPYOE201
Course Credits	2
Marks	50(30+20) SEM END 30 + INTERNAL ASSESSMENT 20 = TOTAL MARKS 50

Course Learning Outcomes:Students would be able to...

1. Identify and analyse keystone habits in personal and professional contexts.
2. Understand the personalized habit-stacking plans for specific behavioural changes.
3. Develop SMART goals aligned with desired habits.
4. Execute the four laws of behavior change as atomic habits.
5. Engage in reflective practices to assess personal growth and development.

OE-II Build Good and Break Bad Habits (Psychology)

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit 2
1.0		Foundation of Atomic Habits	15	1
	1.1	Introduction to Atomic Habits: Overview of the key concepts and principles		
	1.2	Habit Loop: Understanding the habit loop (cue, craving, response, reward) and how it influences behavior.		
	1.3	Keystone Habits: Exploring the concept of keystone habits and their impact on overall behavior.		
	1.4	Habit Stacking: Learning how to build new habits by incorporating them into existing routines.		
	1.5	Identity-Based Habits: Discussing the role of identity in habit formation and how to align habits with personal values.		
2.0		Implementing Atomic habits	15	1
	2.1	Goal Setting: Setting effective and realistic goals that align with desired habits.		
	2.2	Habit Tracking: Exploring various methods for tracking habits and monitoring progress.		
	2.3	Overcoming Obstacles: Strategies for overcoming common obstacles and setbacks in habit formation.		
	2.4	Social Influences: Understanding the impact of social circles on habits and leveraging social support.		
	2.5	Habit Reinforcement: Examining positive reinforcement techniques to solidify new habits.		

REFERENCES:

1. Clear, J. (2020). Atomic habits: An easy & proven way to build good habits and break bad ones. Avery.
2. आठवले, एस. (2020). अटॉमिक हैबिट्स: सवयी लहान, परिणाम महान. मंजुळ पब्लिशिंग हाऊस.
3. Wood, W. (2019). Good habits, bad habits: The science of making positive changes that stick. Farrar, Straus and Giroux.
4. Fogg, B. J. (2021). Tiny habits: Why starting small makes lasting change easy. Virgin Books.
5. ढापरें, पी. (2016). सवयी घडवतात बिघडवतात. माय मिरर पब्लिशिंग हाऊस.
6. गुज, एस. (2023). इलॉस्टिक हॉबिट्स: आपल्याला अनुकूल अशा स्मार्ट सवयी कशा निर्माण कराव्यात. माय मिरर पब्लिशिंग हाऊस.

Activities and Exercises Suggested for Internal Assessment (20)

1. Home Assignment (05)
2. Class Assignment (05)
3. Quiz (05)
4. Midterm Test (05)

WARANA UNIVERSITY WARANANAGAR**B.A.I, PSYCHOLOGY, SEMESTER-II**

Faculty	Humanities
Program	B.A- Psychology
Course	B.A.I
Semester	II
Course Category	Skill Enhancement Course (SEC-II)
Course Name	Emotional Intelligence Skills
Course Number	SE18
Course Code	2502UAPYSE201
Course Credits	2
Marks	50(30+20) SEM END 30 + INTERNAL ASSESSMENT 20 = TOTAL MARKS 50

Course Learning Outcomes: Students would be able to...

1. Analyse the evolutionary purposes of emotions in human survival and social interactions.
2. Identify their own emotions accurately and learn techniques to manage and regulate their own emotions.
3. Apply emotional intelligence skills in personal relationships, workplace scenarios, leadership roles, and community interactions.
4. Develop personalized strategies to enhance their emotional intelligence skills, setting goals for continuous growth.

SEC-II Emotional Intelligence Skills

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit 2
1.0		Basics of Emotions	15	1
	1.1	Concept and Nature of Emotion		
	1.2	Biological bases of Emotions		
	1.3	Functions of Emotional Expressions		
	1.4	Emotional Expression		
	1.5	Emotional Development		
2.0		Emotional Intelligence skills	15	1
	2.1	Nature and importance of Emotional Intelligence		
	2.2	Scope and Types of Emotional Intelligence		
	2.3	Emotional Intelligence related factors		
	2.4	Techniques and strategies for development of Emotional Intelligence		

REFERENCES

1. Alex, K. (2016). Soft skills: Know yourself and know the world. Vikas Publishing.
2. Goleman, D. (2006). Social intelligence: The new science of human relationships. Arrow Books.
3. Pease, A., & Pease, B. (2011). Body language in the workplace. Orion Publishing Group.
4. Sharma, P. (2021). Soft skills: Personality development for life success (3rd ed.). BPB Publications.
5. Wadkar, A. (2016). Life skills for success. Sage Publications.
6. वाडकर, अ. (2018). यशस्वी जीवनासाठीची कौशल्ये. सेज पब्लिकेशन.

Activities and Exercises Suggested for Internal Assessment (20)

1. Home Assignment (05)
2. Class Assignment (05)
3. Quiz (05)
4. Midterm Test (05)

WARANA UNIVERSITY WARANANAGAR

B.A.I, PSYCHOLOGY, SEMESTER-II

Faculty	Humanities
Program	B.A- Psychology
Course	B.A.I
Semester	II
Course Category	Community Engagement Programme
Course Name	Community Mental Health
Course Number	CE18
Course Code	2502UAPYCE201
Course Credits	2
Marks	50 Only Internal

Course Outcomes: Students would able to...

1. Define mental health and mental illness, understanding the continuum from mental well-being to mental disorders.
2. Identify and describe common mental disorders such as anxiety disorders, mood disorders, psychotic disorders, and substance-related disorders.
3. understand the symptoms, causes, and prevalence of various mental disorders.
4. learn how to conduct a mental health assessment, including gathering relevant information, conducting interviews, and using standardized assessment tools.
5. practice active listening and communication skills to establish rapport and trust with individuals experiencing mental health issues.

C) CEP -Community Mental Health

Module No.	Unit No.	Topic	Hrs. Required to cover the contents 1Hrs.= 60 M	Course Credit
1.0		An introduction to mental illness	15	1
	1.1	Mental health and mental illness		
	1.2	Why should you be concerned about mental illness?		
	1.3	The types of mental illness a. Common mental disorders (depression and anxiety) b. 'Bad habits' c. Severe mental disorders (psychoses) d. Mental retardation e. Mental health problems in the elderly f. Mental health problems in children		
	1.4	The causes of mental illness		
	1.5	Culture and mental illness		
2.0		Assessing someone with a mental illness	15	1
	2.1	Can you examine a mentally ill person? a. Will you have the time to talk to someone who may have a mental illness?		
	2.2	Who will have a mental illness?		
	2.3	What to ask a person with a probable mental illness		
	2.4	Symptom checklists to diagnose mental disorders a. To diagnose a common mental disorder (depression or anxiety) b. To diagnose a severe mental disorder		

		c. To diagnose alcohol (or drug) dependence		
	2.5	What to look for during the interview A. How to conduct interviews		

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1. Patel, V., & Hanlon, C. (2018). Where there is no psychiatrist: A mental health care manual. RCPsych Publications.
2. Patel, V. (2003). Where there is no psychiatrist: A mental health care manual. Gaskell.
3. Tripathi, A., & Haran Alva, M. (2020). Young mental health. Simon & Schuster India.
4. Rathod, R. (2021). Mental health: Tales and conundrum. Notion Press.
5. Professional Book Publishers. (2023). Mental Healthcare Act, 2017 along with rules & regulations. Professional Book Publishers.
6. पटेल, व्ही. (2021). मानसोपचार तज्ज्ञ नसेल तिथे. सुमंगल प्रेस.

Activities and Exercises Suggested for Internal Assessment (20)

1. Home Assignment (05)
2. Class Assignment (05)
3. Quiz (05)
4. Midterm Test (05)

Annexure-I

B. A. Programme Structure for Level 4.5 of B.A. - I - Semester I												
Teaching Scheme					Examination Scheme							
Sr. No.	Theory (TH)				Practical	Semester-end Examination (SEE)			Internal Assessment (IA)			
	Course Type	No. of Lectures	Hours	Credits		---	Paper Hours	Max	Min	Internal	Max	Min
1.	DSC -I	4	4	4	If applicable	2	60	24	1)Home Assignment	40	16	
2.	DSC -I	4	4	4		2	60	24		2)Class Assignment	40	16
3.	DSC -I	4	4	4		2	60	24			3)Quiz	40
4.	OE -I	2	2	2		1	30	12		4)Midterm Test		20
5.	SEC -I	2	2	2		1	30	12	20		08	
6.	AEC -I	2	2	2		1	30	12	20		08	
7.	IKS (Generic)	2	2	2		1	30	12	20		08	
8.	CC	2	2	2		2 Viva			cc activities	50	20	
Total		22	22	22		---		---		110	---	
										SEE + IA = 440+110= 550		

B. A. Programme Structure for Level 4.5 of B. A. - I – Semester – II												
Teaching Scheme					Examination Scheme							
Sr. No.	Theory (TH)				Practical	Semester-end Examination (SEE)			Internal Assessment (IA)			
	Course Type	No. of Lectures	Hours	Credits		---	Paper Hours	Max	Min	Internal	Max	Min
1.	DSC -II	4	4	4	If applicable	2	60	24	1)Home Assignment	40	16	
2.	DSC -II	4	4	4		2	60	24		2)Class Assignment	40	16
3.	DSC -II	4	4	4		2	60	24			3)Quiz	40
4.	OE - II	2	2	2		1	30	12		4)Midterm Test		20
5.	SEC - II	2	2	2		1	30	12	20		08	
6.	AEC -II	2	2	2		1	30	12	20		08	
7.	VEC	2	2	2		1	30	12	20		08	
8.	CEP	2	2	2		2 Viva			CEP Activities	50	20	
Total		22	22	22		---		---		140	---	
										SEE + IA = 410+140= 550		

SEM VII (6.0)	MAJOR -XIII (4) MAJOR -XIV (4) MAJOR -XV (4) MAJOR -XVI (2)	MAJOR -EI-3 (4)	RM-I (4)	-	-	-	-	22	Four Year UG Honours Degree 176
SEM VIII (6.0)	MAJOR -XVII (4) MAJOR -XVIII (4) MAJOR -XIX (4) MAJOR -XX (2)	MAJOR-EI-4 (4)	-	-	-	-	OJT (04)	22	
Credits	14+14=28	4+4=08	4+0=4	-	-	-	0+4=4	44	
Total Credits	60+28+8								
	96		28	10	12	16	14	176	
SEM VII (6.0)	MAJOR -XXI (4) MAJOR -XXII (4) MAJOR -XXIII (2)	MAJOR -EI-3 (4)	RM-I (4)	-	-	-	RP- (4)	22	Four Year UG Honours With Research Degree 176
SEM VIII (6.0)	MAJOR -XXIV (4) MAJOR -XXV (4) MAJOR -XXVI (2)	MAJOR-EI-4 (4)	-	-	-	-	RP- (8)	22	
Credits	10+10=20	4+4=08	4+0=04	-	-	-	4+8=12	44	
	60+20+8								
Total Credits	88		28	10	12	16	22	176	