परिचय

या परिपक्वता पदार्थ संबंधित नियमविविधता का कारण येते की, दिनांक १४ जुन २०१८ रोजी संपन्न झालेल्या ४९व्या मास. विद्या परिषद बैठकील ऐनवेचला विषय क्र.१६/४८-२०१८ या उपवासानुसार प्रस्तुत विद्यापूर्णाच्या संबंधित महाविद्यालयांतील मानवविज्ञान विद्याशाखेची पदोन्नती स्वाभाविक तृतीय वर्षातून खालील विषयात च.ब.स. (Choice Based Credit System) Pattern नुसारचा अभ्यासक्रमशीर्षक वर्ष २०१८-१९ पासून लागू करण्यासाठी येत आहे.

१) मानवविज्ञान

सदरील परिचय व अभ्यासक्रम प्रस्तुत विद्यापूर्णाच्या www.srtmun.ac.in या संकेतस्थापनावर उपलब्ध आहेत. तरी सदरील बाबी संबंधित नियमशीर्षक आपूर्ण दाखल.

"आनंदाचर" परिषद,
विभाग, नंदेदर - ४३१ ६०६.
म.क्र.: शैविक-०९/परिचय/पदोन्नती-सीबीसीएस अभ्यासक्रम/२०१८-१९/२६४

दिनांक : २६.०६.२०१८.

प्रद माहिती करण्यासाठी:
1) म. कृत्रिम माध्यम म्हणून कार्यालय, प्रस्तुत विवाहांगाड.
2) म. संवादांक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विवाहांगाड.
3) प्रारंभ, संबंधित संलग्न महाविद्यालये, प्रस्तुत विवाहांगाड.
4) उपकृतसंचार, पदव्युत्करण विभाग, प्रस्तुत विवाहांगाड.
5) महाविद्या कृत्रिम माध्यम, पाठ्यक्रम, प्रस्तुत विवाहांगाड.
6) सिस्टम एसपॉर्ट, यू.जी.एस. कॅस, प्रस्तुत विवाहांगाड.
SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY, NANDED

SYLLABUS

PSYCHOLOGY

B.A. THIRD YEAR

SEMESTER PATTERN
(Choice Based Credit System)

With effect from June, 2018 onwards
Swami Ramanand Teerth Marathwada University, Nanded.  
Choice Based Credit System (CBCS)  
Faculty of Humanities  
Under Graduate Programmes (UG)  
PSYCHOLOGY  
Curriculum Structure and Scheme of Evaluation for B.A. Third Year  
With effective from 2018-19.

<table>
<thead>
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<th>Semester</th>
<th>Core Course</th>
<th>Paper No.</th>
<th>Title of the Paper</th>
<th>(Periods/ Week)</th>
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<td>Abnormal Psychology</td>
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<td>GEPSY-I</td>
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<td>Introduction to Counselling</td>
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<td>GEPSY-II</td>
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<td>DSEPSYP</td>
<td>XV</td>
<td>Psychology Practicum's: Experiments &amp; Test</td>
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**DSEPSY:** Discipline Specific Elective Psychology, **GEPSY:** Generic Elective Psychology, **DSEPSYP:** Discipline Specific Elective Psychology Practical, **ESE:** End of semester examination, **SEC:** Skill Enhancement Course, **CA:** Continuous Assessment

**CA of Marks 10:** 10 marks for Test/Assignments  
**CA of Marks 25:** 10 marks for Unit Test & 15 Group Discussion/Seminar
Teaching workload will be of three periods per week for theory and four periods for practical per week per batch.

1) Strength of students for each practical batch shall not be more than fifteen (15)
2) Submission of Record Book is compulsory.
3) Students shall not be allowed for practical examination without certified Record Book.
4) Practical examination will be held in at the end of sixth semester.
5) Internal marks will be awarded for certified Record Book.
6) For practical, the duration of examination shall be three hours.
Swami Ramanand Teerth Marathwada University, Nanded.
Choice Based Credit System (CBCS)
Faculty of Humanities
Under Graduate Programmes (UG)
DISCIPLINE SPECIFIC ELECTIVE PSYCHOLOGY (DSEPSY)-I
Syllabus for B. A. T. Y. Fifth Semester
Paper XI – Abnormal Psychology
With effective from 2018-19.
Credit : 02 (Marks – 50)

Objectives:

1. To impart knowledge about the normality and abnormality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for Psychological assessment of different abnormal conditions.

Unit – I – Abnormal Behaviour in our Times

What do we mean by abnormal behaviour? Dilemmas of Definition – Mental Disorders as Maladaptive behaviours - classifying abnormal behaviour – DSM classification of Mental Disorders – The problem of Labelling – Unresolved issues on classification

Unit –II – Causal Factors and Viewpoints in Abnormal Psychology


Unit – III – Panic, Anxiety and their Disorders

The Fear and Anxiety Response Patterns – Anxiety Disorders – Phobic Disorders – Obsessive – Compulsive Disorders – Treatment and Outcomes.

Unit – IV – Somatoform and Dissociative Discords

Somatoform Disorder, Hypochondriasis, Conversion Disorder – Dissociative Disorder, Casual Factors in Somatoform and Dissociative Disorder, Treatment and Outcomes.
Books for Readings:-


Lamman : Introduction to Psychopathology.

Buss A.H. : Psychopathology


Dr. Mansi Rajhans, Angha Patil and Dr. Sushil Surve (2001): Apsamanyache Manashatra, Unmesh Prakashan, Pune

Nadkumar Kulthe : Manasrang, Sumedha Prakashan, Pune.

Nadkumar Kulthe : Batchit Manovikar Chikistakanshi, Shanti Prakashan, Pune.
Objectives:

1. To examine the various concepts of guidance and Counselling.
2. To explore various elements and levels of Counselling.
3. To explore various approaches and theories of Counselling.

Unit – I – Introduction

i. Definition of Counselling

ii. Difference between guidance and counselling

iii. Goals of counselling
   a) Immediate goals
   b) Long range goals
   c) Major goals of counselling

iv. Professional and ethical issues
   a) Professional issues – Licensing, The Master’s degree in Psychology, Accreditation and specialization
   b) Ethical principles

Unit – II – Counselling Process

i. Preparation for counselling

ii. Counselling relationship

iii. Counselling content and process

iv. Steps in the counselling process
Unit – III– Counselling Interaction

i. Counselling interaction

ii. Variables affecting the counselling process

iii. Counselling skills and portrait of an effective counsellor

Unit – IV – Counselling Interview

i. Essential aspects of interviewing

ii. Non-verbal communication in interview

iii. Counselee-counsellor relationship

iv. Interviewing techniques in counselling

v. Sharing of experience

Books for Readings:-


Nadkumar Kulthe: *Antrang Yuwamanche*, Shanti Prakashan, Pune.
Objectives:

1. To inculcate psychological skills among students.
2. To enable students to relate learning outcomes with the issues they encounter in their everyday life, such as motivation, academic performance and personality etc.
3. To impart knowledge and skills needed for Psychological assessment.

UNIT- I- UNDERSTANDING MOTIVATION

a) Understanding Your Needs
b) Psychosocial Motives
c) Achievement Motivation
d) Measurement of Achievement Motivation

UNIT- II- IMPROVING ACADEMIC PERFORMANCE

a) Developing Sound Study Habits
b) Improving Your Reading – SQ3R Method
c) Getting More Out of Lectures
d) Measurement of Study habit

UNIT- III- ASSESSING YOUR PERSONALITY

a) Key Concepts in Psychological Testing
b) Self Report Inventories
c) Projective Tests
d) Measurement of Personality
Books for Readings:


Objectives:

1. To impart knowledge about the normality and abnormality.
2. To make students understand the nature and course of various abnormal conditions.
3. To impart knowledge and skills needed for Psychological assessment of different abnormal conditions.

UNIT - I - Mood Disorders

Unipolar Mood Disorders – Normal Depression-Mild, Moderate, Major Depressive Disorder-Bipolar Disorder – Schizoaffective Disorder- Causal Factors in Mood Disorders- Treatment and outcomes.

UNIT -II- Personality Disorders

Clinical Features of Personality Disorders- Causal Factors in Personality Disorders – Treatment and outcomes – Antisocial personality and Psychology – Causal Factors and Treatment

UNIT -III - Schizophrenias and Delusional Disorders

The Schizophrenias, the clinical picture in schizophrenia – subtypes of Schizophrenia – Causal Factors and Treatment – Delusional (paranol) Disorder – The Clinical picture and Causal factors in Delusional Disorder – Treatment and outcomes

UNIT-IV- Mental Retardation

Level of mental Retardation – Brain Defects in Mental Retardation – organic Retardation syndron Cultural – Familial Mental Retardation – Treatment, outcome and prevention.

Credit : 02 (Marks – 50)
Books for Readings:


Lamman: Introduction to Psychopathology.

Buss A.H.: Psychopathology


Dr. Mansi Rajhans, Angha Patil and Dr. Sushil Surve (2001): Apsamanyache Manashatra, Unmesh Prakashan, Pune

Nadkumar Kulthe: Manasrang, Sumedha Prakashan, Pune.

Nadkumar Kulthe: Batchit Manovikar Chikistakanshi, Shanti Prakashan, Pune.
Objectives:
1. To examine the various concepts of guidance and Counselling.
2. To explore various elements and levels of Counselling.
3. To explore various approaches and theories of Counselling.

Unit – I – Theories and Techniques of Counselling
i. Psychodynamic approach – Freud
ii. Humanistic approach – Client Centred
iii. Cognitive approach – Rational Emotive Therapy
iv. Behavioural approach – Behaviour Modification
v. Yoga and Meditation

Unit – II – Psychological Testing and Diagnosis
i. Types of Psychological Tests
ii. Test use in Counselling situations
iii. Test interpretation in counselling
iv. Non-test appraisal techniques

Unit –III– Educational Counselling
i. Counselling the elementary school-child
ii. Counselling at high school
iii. Counselling at college
iv. The role of teachers in counselling
v. Educational counselling and curriculum
Unit – IV – Counselling Applications

i. Family counselling

ii. Counselling with parents

iii. Pre-marital and marital counselling

iv. Career counselling

v. Counselling drug addicts

Books for Readings:


Nadkumar Kulthe : *Antrang Yuwamanche*, Shanti Prakashan, Pune.
Objectives:

1. To inculcate psychological skills among students.
2. To enable students to relate learning outcomes with the issues they encounter in their everyday life, such as anxiety, parenting and shyness etc.
3. To impart knowledge and skills needed for Psychological assessment.

UNIT- I- ANXIETY DISORDER

a) Generalized Anxiety Disorder
b) Types of Anxiety Disorder
c) Etiology of Anxiety Disorder
d) Measurement of Anxiety

UNIT- II- BECOMING AN EFFECTIVE PARENT

a) Parenting Styles
b) Towards Effective Parenting
c) Using Punishment Effectively
d) Measurement of parenting/parent-child relationship

UNIT- III- MEETING PEOPLE

a) First Impression
b) Mistaken Impression
c) Shyness
d) Measurement of Shyness - How Shy are you?
Books for Readings:


Objectives:

1. To create interest in psychological phenomenon.
2. To develop awareness of psychological tools, techniques and tests.
3. To nurture the skill of observation.

Tests Any – 10

1. Human Maze Learning
2. Zeigarnic effect
3. Mental work and rest
4. Reaction time
5. Effect of noise on performance
6. Localization of sound
7. Reminiscence
8. Localization of Sound
9. Depth Perception
10. Field of Vision & Colour Zone by Perimeter
11. Career decision Scale
12. Attitude towards communication job
13. Social Maturity Scale
14. Frustration Scale
15. Leadership Scale
16. P.G.I. General Well – Being Measure
17. Locus of control
18. Eysenck’s personality inventory
19. Life satisfaction scale
20. Socio- Economic Status Scale  
21. Depression Scale  
22. Loneliness  
23. Mental health  
24. Obedient - disobedient scale

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<tr>
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Books for Readings:


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