

DEPARTMENT OF PSYCHOLOGY

ABOUT THE DEPARTMENT:

Shri Binzani City College was established in the year 1930 and the Department of Psychology was started in the year 1954 for UG classes. Mr. V. W. Bapat was the first HoD of the department. He survived the department till 1987 and later the department was headed by Shri. P. S. Pandharipande from 1957 to 1983. During his regime, the department and PG courses and the department was at its height of glory and he took counselling and guidance sessions for students. The department was more popular among the students during that time. After 1988, Dr. Sheela Mahale took over the charge of the department and survived till 2019. After her retirement, the department is over-looked by CHB lecturer Dr. Alka Kolhe and Dr. Vaishali Panhekar.

SILENT FEATURE:

1. Department of psychology is one of the oldest and finest department of college.
2. Department is equipped with well-established laboratory.
3. Department is celebrating Commemoration day of Dr. Padmakar Pande sir.
4. To create awareness in students about mental health that will help our society.
5. We are counsel to students on their issues which are may be physical, psychological and sociological.
6. Specially we are promoting to enhance the awareness of pre-marital counseling among students.

VISION:

The vision of the department is to provide the quality teaching that may help the student. To understand the basic concepts of psychology and to maintain a supportive, collaborative, environment and enhance students personal and professional development.

MISSION:

Our department promotes healthy environment by collaborative learning. Through arranging sensitization and awareness programmed. Encourage a balance between the theoretical and practical aspects of psychology.

PROGRAMME OUTCOMES:

Students of all undergraduate general degree Programmes at the time of graduation will be able to.....

PO1. Critical Thinking: Take informed actions after identifying the assumptions that frame our thinking and actions, checking out the degree to which these assumptions are accurate and valid, and looking at our ideas and decisions (intellectual, organizational, and personal) from different perspectives.

PO2. Effective Communication: Speak, read, write and listen clearly in person and through electronic media in English and in one Indian language, and make meaning of the world by connecting people, ideas, books, media and technology.

PO3. Social Interaction: Elicit views of others, mediate disagreements and help reach conclusions in group settings.

PO4. Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.

PO5. Ethics: Recognize different value systems including your own, understand the moral dimensions of your decisions, and accept responsibility for them.

PO6. Environment and Sustainability: Understand the issues of environmental contexts and sustainable development.

PO7. Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broadest context socio-technological changes.

COURSE OUTCOMES WITH SYLLABUS:

B.A.Semester-I (Psychology)

FUNDAMENTALS OF PSYCHOLOGY

Objectives: To provide solid foundation to understand basic Psychological processes and their applications in everyday life.

(Marks:Theory:40, InternalAssessment: 10=50).(Marks:Practical:40,InternalAss:10=50) Total marks=100

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COURSE OUTCOMES:

CO1: The students will be able to **understand** the basic concepts of psychological processes.

CO2: The students will be able to **develop** cognitive processes through learning.

CO3: The students will be able to **adapt** self motivation and how to control `emotions.

CO4:The students will be able to **assess** the intelligence and personality test.

CO5: The students will be able to **summarize** all concepts of fundamental psychology.

Unit I- Introduction:

Definition and goals of psychology, Approaches to psychology. Fields of Psychology- Theoretical and Applied. Methods of Psychology- Introspection, Experimental and Observation.

Application: Understanding behavior through methods of psychology.

Unit II- Cognitive Processes

Perception: Definition, Gestalt principles: Figure and ground. Laws of Perceptual organization.

Application: Laws of perceptual organization in daily life.

Learning: Definition, Types of learning, Methods of learning: Conditioning, Trial and Error, Insight learning. Thorndike's laws of learning.

Memory: Definition, Stages of memory-sensory memory, short term memory, long term memory. Techniques of Memory development.

Application: Memory Improvement.

Unit III–Motivation and Emotion

Motivation: Definition, Concept of homeostasis, Types of motives:Physiological, Psychological, Social Maslow's theory of Hierarchy of Motives.

Application: Enhancing self motivation.

Emotion: Definition and nature. Correlates: Internal and external Changes. Application of emotion-Understanding Emotion.

Unit IV: Intelligence and Personality

Intelligence: definition, Concept of C. A., M. A., I. Q. Distribution of IQ in population. Measurement of Intelligence :Types of intelligence test.

Application: Improving intelligence in childhood.

Personality: Nature, Definition

Application-Personality Enhancement.

Practical:

- 1) Substitutionlearning
- 2) Knowledgeofresults
- 3) JudgmentofemotionfromPhotographs
- 4) AchievementMotivation

- 5) HabitInterference
- 6) PersonalityTest
- 7) Alexander'sPassAlongTest
- 8) MazeLearning

B.A. Semester-II (Psychology)

Social Psychology

Objectives:To understand the basics of Social Psychology and the individual in the social world.

(Marks:Theory:40, Internal Assessment: 10=50).(Marks: Practical:40, Internal Ass:10=50) Total

marks=100

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COURSE OUTCOMES:

CO1: The students will be able to **understand** the concept of social psychology.

CO2: The students will be able to **analyze** the behavior of others.

CO3: The students will be able to **create** the awareness of reduction of prejudice.

CO4: The students will be able to **evaluate** own level of aggression and how to control it.

CO5: The students will be able to **apply** the effective communication skills in different situations.

Unit1: Introduction

Brief history of Social Psychology (special emphasis on Indian context), Scope of Social Psychology, Levels of social behaviour. Approaches towards understanding social behaviour.

Application: Behaviour in social situation.

Unit2: Attitude and Prejudice

Attitude: Definition and formation of attitude. Theories: Balance theory, Cognitive dissonance theory. Prejudice: Nature and components of prejudice. Acquisition and reduction of prejudice.

Application: Attitude change.

Unit3: Pro-social behavior and Aggression

Pro-social behaviour: Nature, Determinants, Bystander Effect. Aggression: Nature, types, determinants, prevention and control of aggression.

Application: Acquiring Pro-social behavior.

Unit4: Communication

Communication: Definition, types, process, barriers and inter- personal communication.

Application: Effective communication.

Practicals:

1. Test of Attitude Measurement
2. Aggression Scale
3. Prejudice Scale
4. Immediate Memory span for digits
5. Social Maturity Scale
6. Bilateral Transfer of Training
7. Koh's Block Design Test
8. Concept Formation

B.A. Semester-III (Psychology)

PSYCHOPATHOLOGY

Objective: To develop an understanding of the various psychological disorders and treatment.

(Marks:Theory:40,InternalAssessment: 10=50).(Marks:Practical:40,InternalAss:10=50) Total marks=100

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COURSE OUTCOMES:

CO1: The students will be able to **define** the concept of normality and abnormality.

CO2: The students will be able to **create** the plan to overcome the phobic situations.

CO3: : The students will be able to **compare** the different kinds of psychological disorders.

CO4: The students will be able to **apply** different relaxation techniques for self help.

CO5: The students will be able to **evaluate** the anxiety level during the exam time.

Unit I: Introduction

Concept of Normality & Abnormality, Historical Background Approaches to abnormality– Statistical, Evaluative, and Psychodynamic Orientation to Classificatory system (DSM-V, ICD-10). Diathesis Stress Model.

Application: Maintaining Mental Health.

Unit II: Psychological Disorders

Anxiety disorders: Generalized, Hypochondriasis, Conversion reaction, Phobias, Obsessive Compulsive Disorder. Childhood Disorders: ADHD (Attention Deficit Hyperactivity Disorder),

Learning Disability: (Dyslexia, Dyscalculia, Dysgraphia), Slow learner

Application: Managing Anxiety.

Unit III: Psychological Disorders

Mood Disorders: Mania, Depression, Bipolar affective disorder. Schizophrenia: Symptoms, types: Simple, Paranoid, Catatonic, Hebephrenic, Residual.

Application: Managing Moods.

Unit IV: Treatment of Disorders

Orientation to Biological treatment: Pharmacotherapy (Anti-anxiety, Antipsychotic,

Anti depressants and mood stabilizers) and Electroconvulsive therapy, Psychological treatment:

Psychoanalytic therapy, Behavior therapy and Cognitive- therapy, Indian perspective – Patanjali's Ashtang yoga.

Application: Relaxation techniques.

Practical:

- 1) Positive Mental health
- 2) Depression scale
- 3) Muller Lyer Illusion
- 4) Anxiety test
- 5) Rational learning
- 6) Narcissism
- 7) Test of Locus of Control
- 8) Life Event Scale

Semester-IV (Psychology)

STATISTICAL METHODS AND PSYCHOLOGICAL TESTING

Objective: To introduce basic statistical methods, psychological testing and qualitative methods and their uses.

(Marks:Theory:40,InternalAssessment: 10=50).(Marks:Practical:40,InternalAss:10=50)Total marks=100

COURSE OUTCOMES:

CO1: The students will be able to **demonstrate** the graphical representation of data on histogram and frequency polygon.

CO2: The students will be able to **apply** the normal probability curve for measuring central tendency.

CO3: The students will be able to **remember** the formula for computing chi square and 't' test.

CO4: The students will be able to **evaluate** different types of interview techniques.

CO5: The students will be able to **explain** how to conduct psychological test.

Unit I: Introduction

Data: Ungrouped and grouped, frequency distribution. Graphical representation of data: Histogram and Frequency Polygon.

Application: Graphical representation.

Unit II: Data analysis

Measures of central tendency: Mean, Median, Mode (Properties and Computation of grouped & ungrouped data) Deviation: Standard Deviation, its properties and computation

Correlation: Meaning & types: Spearman's Rank difference Correlation,

Pearson's Product Moment method, Normal Probability Curve(NPC): Properties.

Application: computation of statistical problems.

Unit III: Test of Significance

Test of Significance: Chi Square (Equal probability), 't'test.

Unit IV: Psychological Testing

Psychological Testing: Introduction to psychological testing, characteristics Psychological test:

Reliability, Validity, Norms and standardization. Types of tests. Qualitative methods: Interview, observation, case study.

Application: Use of psychological testing day to day life.

Practical:

1. Occupational Stress Index
2. Standard Progressive Matrices
3. Adjustment Inventory
4. Stress Scale
5. Goal Setting Behaviour
6. Reaction Time
7. DAT/DBDA
8. Multiple Choice

B.A. Semester- V (Psychology)

Organizational Psychology

Objective: To introduce the basic concepts of Industrial and Organizational psychology and to understand the application of psychology at the workplace.

(Marks:Theory:40,Internal Assessment: 10=50).(Marks:Practical:40,Internal Ass:10=50)Total marks=100

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COURSE OUTCOMES:

CO1: The students will be able to **explain** basic concepts of organizational behavior.

CO2: The students will be able to **summarize** the nature of organizational behavior at the workplace.

CO3: The students will be able to **enhance** work-related attitudes.

CO4: The students will be able to **apply** about how to motivate workers in the organizational settings and use motivational theories.

CO5: The students will be able to **create** the awareness of stress management in organization.

Unit I:

Understanding Organizational behaviour: Meaning, nature and goals of Organizational behaviour.

Application: Nature of organizational Behaviour

Unit II:

Work related Attitudes:Job satisfaction; factors affecting Job satisfaction. Enhancing Job

satisfaction.

Unit III:

Understanding Organizational behaviour: Meaning, nature and goals of organizational behaviour.

Application: Nature of organizational Behaviour.

Work related Attitudes: Job satisfaction; factors affecting Job satisfaction. Enhancing Job satisfaction.

Application: Importance of Job Satisfaction in human life.

Work Motivation: Theories – Maslow’s Theory, Herzberg’s Two factor theory, application; Indian Perspective. Application: Role of Work Motivation in Organization

Unit IV:

Organizational Stress: Meaning and Causes, Consequences and managing stress.

Application: Effects of stress in work-life.

Practical:

- 1) Case Study
- 2) Mental Work and fatigue
- 3) Work Motivation Questionnaire
- 4) Organizational Climate Inventory
- 5) Job Satisfaction
- 6) Occupational Self Efficacy Scale
- 7) Depth Perception
- 8) Visit to any Organization

B.A. Semester-VI (Psychology)

Counselling and Positive Psychology

Objective: To Develop and understanding of well-being. (Marks:Theory:40, Internal Assessment: 10=50). (Marks: Practical:40,Internal Ass:10=50) Total marks=100

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COURSE OUTCOMES:

CO1: The students will be able to **justify** basic concepts and various factors of counseling psychology.

CO2: The students will be able to **identify** different counseling techniques.

CO3: The students will be able to **analyze** psychological conflicts and examine their own in role of counseling.

CO4 :The students will be able to **apply** counseling in different phases of life.

CO5: The students will be able to **summarize** positive well being and expand virtue in their own life.

UnitI: Counselling

Meaning and goals of counselling, counselling process and relationship. Counselling in Indian context.Application:Counselling an Art.

Unit II:

Techniques: Play, Art, Drama, Music, Dance, Yoga and Meditation.

Application: Role of Counselling techniques.

Unit III:

Applications of counselling: family, School, Career Premarital, Marriage.

Application: Challenges before Counsellor. Premarital counseling to students.

Unit IV:

Well Being: Components of well-being; life satisfaction Life:Enhancing Virtues: Wisdom and Knowledge, Courage, Humanity,Justice, Temperance, Transcendence.

Application: Understanding importance of Well-being.

Practical:

- 1) Well-Being Scale
- 2) Psychological Counseling Need Scale
- 3) Psychological Hardiness Scale
- 4) Big Five Personality Inventory
- 5) Type A/B Behavioural pattern Scale
- 6) Retroactive Inhibition
- 7) Verbal Intelligence Test
- 8) Research Project