

Indapur Taluka Shikshan Prasark Mandals  
**Arts, Science & Commerce College Indapur, Pune-413106**  
**S.Y. B.A. Teaching Plan 2020 - 21**

**Department of Psychology**

Teacher Name	Course / Class	Subject Name	Subject Code	Semester
More.V.M	SYBA	Health Psychology ( G2)	23223	III
Unit Name	Topic Name	Topic Description	No of Lect	Weightage
1) An Introduction to Health Psychology	1.1 Health Psychology	Definitions, Nature, Aims	12	10
	1.2 Biopsychosocial Model of Health	Biopsychosocial Model of Health		
	1.3 Psychology's Role in Health	Problems in the HealthCare System, "The Person" in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology's Goals.		
	1.4 Application	The Need of Health Psychology- Changing Patterns of Illness, Expanded Health Care Services, Increased Medical Acceptance		
	2.1 Stress	Definitions, Nature & Types		
	2.2 Sources of Stress	Sources within the Person, Sources in the Family & Sources in the Community and Society)		
	2.3 Responding to Stress	(Physiological, Emotional & Behavioural Response)		



2) Stress and Coping	2.4 Coping Behaviour	Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humor as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self control)	12	20
3) Chronic Health Problems and Its Management	3.1 Personal Issues in Chronic Health Disorders	The Physical Self, Achieving Self, Social Self & Private Self	12	20
	3.2 Emotional Responses to Chronic Health Disorders	Denial, Anxiety & Depression		
	3.4 Major Chronic Health	Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes &		
	3.5 Application	Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support Interventions and Relaxation, Stress Management after COVID-19)		
4) Primary	4.1 Quality of life and Health Behaviour	Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)		
	4.2 Health Compromising Behaviours (Characteristics)	Obesity, Smoking & Drinking.		



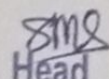
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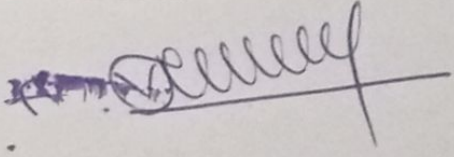
Department of Psychology

Teacher Name	Course / Class	Subject Name	Subject Code	Semester
More.V.M	SYBA	Abnormal Psychology I (S1)	23221	III
Unit Name	Topic Name	Topic Description	No of Lect	Weightage
1) Abnormal Psychology: An Overview	1.1 Abnormality	Meaning, Definition, Nature	12	10
	1.2 Historical Background of Abnormality.	Historical Background of Abnormality.		
	1.3 Criteria of abnormal behaviour	(Biological, Psychological, Socio-cultural)		
	1.4 Current Classification Systems	DSM-5 & ICD-10/11 an Overview.		
2) Anxiety Disorders, Obsessive-Compulsive Disorders (Ocd), Trauma & Stressor Related Disorders	2.1 Generalized Anxiety	Nature, Types, Symptoms, Diagnostic Criteria & Causes.	12	20
	2.2 Panic & Agoraphobia, Social Anxiety (Phobia)	Nature, Symptoms, Diagnostic Criteria & Causes		
	2.3 Obsessive-Compulsive Disorder and Body Dimorphic Disorders	Nature, Symptoms, Diagnostic Criteria & Causes		



	2.4 Post-Traumatic Stress Disorder & Acute Stress Disorder:	Nature, Symptoms, Diagnostic Criteria & Causes		
3) Somatoform And Dissociative Disorders	3.1 Somatic symptoms Disorder	Nature, Symptoms, Diagnostic Criteria & Causes	12	20
	3.2 Illness Anxiety Disorder	Nature, Symptoms, Diagnostic Criteria & Causes		
	3.3 Conversion Disorders	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
	3.4 Dissociative Identity	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
4) Depressive And Bipolar Disorders	4.1 Disruptive Mood Dysregulation Disorder, Major Depressive Disorder	Nature, Symptoms, Diagnostic Criteria & Causes	12	20
	4.2 Bipolar-I Disorder:	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
	4.3 Bipolar-II Disorder	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
	4.4 Suicide and Cyclothymic Disorder	Nature, Symptoms, Diagnostic Criteria & Causes		
		<b>Total</b>	<b>48</b>	<b>70</b>

  
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
Teacher Name	Course / Class	Subject Name	Subject Code	Semester
Shinde Shrinivas Machindra	SYBA	Developmental Psychology (S2)	23222	III
Unit Name	Topic Name	Topic Description	No of Lect	Weightage
1) Introduction to Lifespan Development	1.1 The Life-Span Perspective:	The Importance of Studying Life- Span Development, Characteristics of the Life-Span Perspective, Some Contemporary Concerns	12	10
	1.2 The Nature of Development:	Biological, Cognitive, and Socio emotional Processes, Periods of Development, The Significance of Age, Developmental Issues		
	1.3 Theories of Development:	Psychoanalytic Theories, Cognitive Theories, Behavioral and Social Cognitive Theories, Ethological Theory, Ecological Theory, Eclectic Theoretical Orientation		
	1.4 Research in Life-Span Development	Methods for Collecting Data, Research Designs, Time Span of Research		
2) Biological Beginnings & Prenatal Development	2.1 Genetic foundation of Development:	The Collaborative Genes, Genes and Chromosomes, Genetic Principles, Chromosomal and Gene linked Abnormalities		

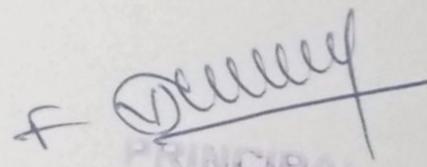


	2.2 Heredity and Environment interaction	The nature × Nurture Debate	12	20
	2.3 The Teratology and Hazards to prenatal Development	Reproductive Challenges and Choices		
	2.4 The Course of Prenatal Development and Birth Process	Assessing the Newborn		
3) Infancy	3.1 Physical growth and development in infancy	Physical growth and development in infancy	12	20
	Motor, Sensory and Perceptual Development Cognitive Development	Motor, Sensory and Perceptual Development Cognitive Development		
	3.2 Piaget's Theory	a) Piaget's Theory of Infant Development		
		b) Learning, Remembering, and Conceptualizing		
	3.3 Language Development			
4) Early Childhood	3.1 Physical changes, Cognitive Changes	Physical changes, Cognitive Changes		



	3.2 Childhood Theory	a) Piaget's preoperational stages	12	20
		b) Vygotsky's Theory		
	3.3 The Self, Emotional and Moral Development	The Self, Emotional and Moral Development		
	3.4 Families, Peer relations and Play	Families, Peer relations and Play		
	3.5 The Self, Emotional and Moral Development	The Self, Emotional and Moral Development		
	3.6 Families, Peer relations and Play	Families, Peer relations and Play	48	70
		<b>Total</b>		

  
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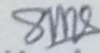
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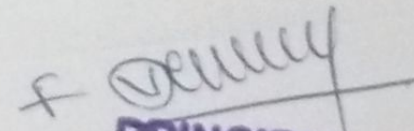
Department of Psychology

Teacher Name	Course / Class	Subject Name	Subject Code	Semester
More.V.M	SYBA	Positive Psychology G2	24223	IV
Unit Name	Topic Name	Topic Description	No of Lect	Weightage
1. Meaning, Definition and Nature of Positive Psychology	1.1 Definitions and Nature of Positive Psychology	Traditional Psychology, Assumptions and Goals of Positive Psychology.	12	10
	1.2 Fields of Positive Psychology.	Fields of Positive Psychology.		
	1.3 Traditional Psychology, .			
	1.4 The Nun study	Assumptions and Goals of Positive Psychology		
2. Happiness and the Facts of Life	2.1 Psychology of well-being	Positive affect and Meaningful Life	12	20
	2.2 Subjective Well-being:	Hedonic basis of happiness.		
	Realization	The Eudaimonic basis of happiness		
	2.4 Happiness	Happiness Across the Life Span, Gender and happiness, Marriage and happiness, other facts of life		
3. Positive Emotions	3.1 What are positive emotions	The Broaden and Build Theory of Positive Emotions.		
	3.2 Positive Emotions and Health Resources	Physical, Psychological and Social Resources.		



3. Positive Emotions, Wellbeing and Resilience	3.3 Positive emotions & well-being, Flow experiences and Savoring	. Positive emotions & well-being, Flow experiences and Savoring	12	20
	3.4 What is resilience?	Perspectives of Resilience, Resilience Research, Growth through Trauma		
4. Personal Goals, Positive Traits and Life above Zero.	4.1 What are personal goals	The Search for Universal Human Motives, Materialism and its discontents.	12	20
	4.2 What makes a trait positive?	What makes a trait positive?		
	4.3 Positive beliefs, Virtue and Strengths of Characte	Positive beliefs, Virtue and Strengths of Characte		
	4.4 Logotherapy: Basic concepts, Contours of positive life: Meaning and Means, Mindfulness and Well-being.	Logotherapy: Basic concepts, Contours of positive life: Meaning and Means, Mindfulness and Well-being.		
		<b>Total</b>	<b>48</b>	<b>70</b>

  
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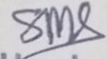
Teacher Name	Course / Class	Subject Name	Subject Code	Semester
More.V.M	SYBA	Psychology Abnormal Behaviour (S1)		IV
Unit Name	Topic Name	Topic Description	No of Lect	Weightage
1.SCHIZOPHRENIA & OTHER PSYCHOTIC DISORDERS	1.1 Schizophrenia	Nature, Types, Symptoms, Diagnostic Criteria & Causes	12	10
	1.2 Schizophreniform Disorder:	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
	1.3 Schizoaffective Disorder	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
	1.4 Delusional Disorders	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
2. PERSONALITY DISORDERS AND	2.1 Characteristics of Personality Disorder and Gender Differences	Characteristics of Personality Disorder and Gender Differences	12	
	2.2 Personality Disorders Characterized by Odd or Eccentric Behavior:	Paranoid, Schizoid & Schizotypal - Nature, Symptoms, Diagnostic Criteria & Causes		

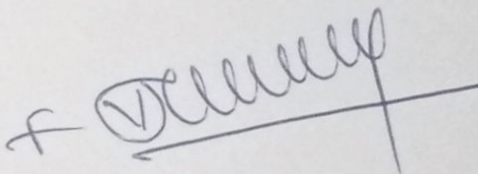


IMPULSE CONTROL DISORDERS	2.3 Personality Disorders Characterized by Dramatic, Emotional, or Erratic Behavior	- Nature, Symptoms, Diagnostic Criteria & Causes		20
	2.4 Personality Disorders Characterized by Anxious or Fearful Behavior	Avoidant, Dependant, & Obsessive- Compulsive - Nature, Symptoms, Diagnostic Criteria & Causes		
3.EATING DISORDERS, SLEEP-WAKE DISORDERS, SEXUAL DISORDERS, SUBSTANCE- RELATED AND ADDICTIVE DISORDERS	3.1 Eating Disorders	(Anorexia Nervosa, Bulimia Nervosa, & Binge- Eating Disorder): Nature, Symptoms, Diagnostic Criteria & Causes	12	20
	3.2 Sleep-Wake Disorders	(Insomnia disorder, hyper somnolence disorder, Narcolepsy. Breathing related sleep disorder, Circadian rhythm sleep- wake Disorder): Nature, Symptoms, Diagnostic Criteria & Causes		
	3.3 Alcohol Related Disorders	(Alcohol use Disorder, Alcohol Intoxication, Alcohol Withdrawal): Nature, Symptoms, Diagnostic Criteria & Causes		
	3.4 Gambling Disorder, Internet and Cell phone Addiction :	Nature, Symptoms, Diagnostic Criteria & Causes		
	4.1 Autism Spectrum & ADHD	Nature, Types, Symptoms, Diagnostic Criteria & Causes		



4.NEURODEVELOPMENTAL DISORDERS	4.2 Intellectual Disability:	Nature, Types, Symptoms, Diagnostic Criteria & Causes	12	20
	4.3 Communication Disorders	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
	4.5 Learning Disorders	Nature, Types, Symptoms, Diagnostic Criteria & Causes		
<b>Total</b>			<b>48</b>	<b>70</b>

  
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Teacher Name	Course / Class	Subject Name	Subject Code	Semester
Shinde Shrinivas Machindra	SYBA	Theories of Personality (S2)	24222	IV
Unit Name	Topic Name	Topic Description	No of Lect	Weightage
1. Introduction to Personality	1.1 Nature and Definitions	Nature and Definitions	12	10
	1.2 Misconceptions, Determinants of personality	Misconceptions, Determinants of personality		
	1.3 Idiographic and nomothetic approach	Idiographic and nomothetic approach		
	1.4 Classification of personality theories	Classification of personality theories		
2. Psychodynamic	2.1 Introduction to Psychodynamic perspective	Introduction to Psychodynamic perspective	12	20
	2.2 Freud's classical psychodynamic theory	Freud's classical psychodynamic theory		



perspectives	2.3 Jung's Analytical Psychology	Jung's Analytical Psychology		
	2.4 Adler's individual psychology	Adler's individual psychology		
3. Behavioral perspectives	3.1 Pavlov's classical conditioning	- Pavlov's classical conditioning	12	20
	3.2 Skinners operant conditioning	Skinners operant conditioning		
	3.3 Bandura's social cognitive theory	Bandura's social cognitive theory		
	3.4 Dollard and Millers stimulus-response theory	- Dollard and Millers stimulus-response theory		
4. Trait & Motivation, Emotion perspectives	4.1 Allports traits theory, Cattells factor theory	Allports traits theory, Cattells factor theory	12	20
	4.2 Eysenck ,Costa &McCrae theory	Eysenck ,Costa &McCrae theory		
	4.3 Carl Rogers person centered theory	- Carl Rogers person centered theory		
	4.4 Motivation and Emotion perspectives	Murrays Need theory		
		Lazarus cognitive mediation theory		
Total			48	70

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