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Hindi Vidya Prachar Samiti's Ramniranjan Jhunjhunwala College
of Arts, Science & Commerce (Empowered Autonomous College)

F.Y.B.A. Psychology Syllabus Semester I & II



Hindi Vidya Prachar Samiti's

RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE & COMMERCE

(EMPOWERED AUTONOMOUS COLLEGE)

Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for the F.Y.B.A.

Program: B.A. PSYCHOLOGY

Program Code: RJAUPSY

National Education Policy (NEP 2020)

Level 4.5

Revised Syllabus

(CBCS 2026-2027)

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PREAMBLE

WHY PSYCHOLOGY?

Throughout history, early philosophers from both the West and even in India were found to be inquisitive about the human behaviour and mental processes - or 'the mind'. With the emergence of Psychology as a formal discipline, it started attracting the attention of many, in the hope of finding the best explanations for human behaviour and mental processes. The nature of this discipline itself has garnered a lot of curiosity as it is significantly difficult – if not impossible to separate psychology from any sphere of human and even non-human life. Even today, with every new development in the field, the community of Psychology does not fail to identify new avenues to explore and increase the curiosity around human nature. Psychology distinguishes itself from other faculties of humanities with a strong emphasis on empirical evidence, but with equal focus on creative contemplation. As such, it has established itself as a Social Science with a strong 'Scientific' base. With its interdisciplinary scope, the subject has widened its horizons exploring the concepts of Philosophy, Morality, Sociology, Economics, Politics, Biology, Evolution, Management, Leadership, and many other disciplines. For the students of Psychology, this not only provides an enormous amount of avenues as professions, but also an equal scope for intrinsic motivation and satisfaction. These areas of opportunities include clinical, counselling, industrial-organizational, consumer-centric, academic and applied research, teaching, social, and many other settings. With increasing awareness about the importance of mental health, the significance of mental health and mindfulness practitioners is also on the rise. Along with the treatment of mental and behavioural ailments, the emerging schools like 'Positive Psychology' also attempt to explore the human strengths and how to promote them in order to lead a better life.

To re-encapsulate, wherever the human element, Psychology is inherent;
and as long as there is a human element, Psychology will continue to
thrive.

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WHY PSYCHOLOGY IN R. J. COLLEGE?

The Department of Psychology has been instituted recently in 2021. The fresh perspective of the department helps it to stand out and to provide a less crystalized form of learning. With an emphasis on the strong research culture of the institution, it provides especially a better scope for the students of Psychology to be exposed to wide opportunities for application of their learnings. There is also a great scope for student active participation in various events of the college, the department, the Psychology Students' Association – 'PsychoSphere' and the annual festival of the department – Manaṣ (मनस). Exposure to professionals from various avenues in Psychology arranged through guest lectures, field visits, internships, and other opportunities is helpful for the students to broaden their horizons with respect to career opportunities and competencies. The department currently offers a three year B.A. Psychology program as well as a two year M.A. Psychology program with Clinical Psychology specialization in Part 1, and research focused training and courses in Part 2. The department's emphasis on interdisciplinary application, research aptitude, social presentation skills, and the pragmatic teaching approach facilitates an overall growth necessary for efficiency and success after education. Cultivating a moral, ethical, and socially responsible attitude in its students, it strives to facilitate mindful and competent professionals for the future.

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A **Programme Outcome (PO)** defines the knowledge, skills, values, and competencies that a student is expected to demonstrate upon successful completion of the Bachelor of Arts (B.A.) programme. These outcomes equip graduates with disciplinary expertise, critical and analytical abilities, ethical values, research aptitude, and lifelong learning skills, enabling them to contribute effectively to society and pursue higher education and professional careers.

PO1. Domain Knowledge
Demonstrate comprehensive knowledge and understanding of the fundamental concepts, principles, theories, and applications of the discipline, and apply this knowledge in academic, professional, and real-life contexts.

PO2. Critical Thinking
Apply critical and reflective thinking to analyse information, evaluate evidence, identify assumptions, formulate logical arguments, and make informed decisions to address complex issues and challenges.

PO3. Analytical and Problem-Solving Skills
Identify, analyse, and interpret problems using appropriate theoretical frameworks and methodologies, and develop effective, evidence-based solutions in diverse situations.

PO4. Research Competence
Demonstrate the ability to formulate research questions, design and conduct qualitative and quantitative research, analyse and interpret data using appropriate statistical techniques, and communicate research findings in accordance with professional and ethical standards.

PO5. Communication and Social Skills
Communicate ideas, knowledge, and research findings effectively through oral, written, and digital modes while demonstrating interpersonal skills, empathy, collaboration, and respect for diversity.

PO6. Teamwork and Leadership
Work effectively as an individual and as a member or leader of diverse teams, contributing responsibly towards the achievement of shared goals through collaboration, coordination, and mutual respect.

PO7. Ethical Values and Professional Responsibility
Demonstrate integrity, ethical reasoning, social responsibility, and professional conduct while respecting diversity, inclusivity, human rights, and environmental sustainability in personal and professional practices.

PO8. Digital Literacy
Use Information and Communication Technology (ICT) and digital tools effectively for learning, research, data analysis, problem-solving, and professional communication while adhering to principles of digital ethics and cybersecurity.

PO9. Lifelong Learning
Recognise the need for continuous learning, self-reflection, adaptability, and professional development to respond effectively to emerging knowledge, technological advancements, and societal changes.

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PROGRAM SPECIFIC OUTCOMES (PSOs) FOR B. A. PSYCHOLOGY

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Sr. No.	A student completing the three year B. A. Psychology program will able to:
PSO 1	Develop core competency in the discipline of Psychology with an understanding of its fundamental concepts, theories, perspectives, and practical conduct – including: Social & Developmental Psychology, Psychological Testing, Abnormal & Positive Psychology, and Cognitive & Experimental Psychology, among others.
PSO 2	Appraise applications of Psychological Discipline such as in Industrial Psychology, Counselling Psychology, Adjustment Psychology, etc. as well as the contemporary dimensions and knowledge of allied fields.
PSO 3	Extend learnings of the Psychological discipline for local needs of the Indian Society as well as contributing to contemporary Global needs.
PSO 4	Inspect the aspects of human behaviour and mental processes for self-growth as well as in social cause.
PSO 5	Identify the scope of Psychological Science to extend its learnings through applications along with other disciplines such as Biology, Neuroscience, Statistics, other pure & applied sciences, Philosophy, Sociology, Politics, & other branches of humanities and social sciences.
PSO 6	Recognize the empirical nature of Psychological Science and using its scientific methods, apply the foundations of evaluating and conducting Research in Psychology.
PSO 7	Explore wide-ranging career opportunities in the field of Psychology; and seek out employability, vocational skills training, field experience, and professional experience opportunities.
PSO 8	Build strong foundations of Psychological Learning and hone Human Values in order to become an ethical and competent Psychology Professional.
PSO 9	Encourage themselves to inculcate lifelong learning and at the same time - contribute further to the theory, practice, and research in Psychology.

F.Y.B.A. PSYCHOLOGY

**Credit structure as per NEP-2020 implemented from the academic year 2026-
27**

Mandatory Courses for Students opting Psychology Major:				
NEP-2020 Verticals	Course Code	Semester I	Semester II	Credits
Indian Knowledge System	RJKSPSY111	Indian Roots of Psychology	-----	02

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DISTRIBUTION OF TOPICS AND CREDITS

SEMESTER I

Indian Knowledge System (IKS): Indian Roots of Psychology

Course Code	Nomenclature	Credits	Topics
RJIKSPSY111	Indian Roots of Psychology	02	1. Indian Psychology: Consciousness, the 'Self', & Emotions
			2. Contributions from Indian Philosophy; the Scientific Method; & Implications

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Learning Objectives & Course Outcomes

Indian Knowledge System: Indian Roots of Psychology

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Semester	:	I	
Title of the Course	:	Indian Roots of Psychology	
Course Code	:	RJKSPSY111	
Credits	:	02	
Duration	:	30 Lecture Hours	
LEARNING OBJECTIVES			
1.	Note the origins of Indian Psychology in Indian Philosophical traditions.		
2.	Understand the impact of various philosophical schools-of-thought in the Indian context on various concepts of contemporary Psychology.		
COURSE LEARNING OUTCOMES			
On completing the course, the student will be able to:		PSO(s) Addressed	Bloom's Level(s) Addressed
CLO 1	Find the explanations of various contemporary psychological concepts from Indian philosophy.	1, 3, 7	1, 2
CLO 2	Outline the parallel contributions that Indian philosophical systems have to offer for understanding modern psychological discipline.	1, 2, 9	2, 3

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SEMESTER I		L	CR
Indian Knowledge System: Indian Roots of Psychology	Paper Code : RJKSPSY111	30	02
Unit I: Indian Psychology: Consciousness, the 'Self', & Emotions		15	
1. Nature & Scope of Indian Psychology; Study of Consciousness			
2. Self & Identity in Indian Psychology			
3. Emotions in Indian Psychology: Bhava & Rasa			
Unit II: Contributions from Indian Philosophy; the Scientific Method; & Implications		15	
1. Vedic Symbolism; Buddhism & Models of Personality; Sufism & Self-transformation			
2. Indian Psychology & the Scientific Method			
3. Orientation to Applied Indian Psychology: Varied Implications			

Note: This course will only be a part of Semester I syllabus.

- Only one unit of the above syllabus will be taught and an orientation to the other unit will be given.
- The remainder part of the course will involve General IKS syllabus delivered centrally and not by the department.

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EVALUATION (TOTAL 50 MARKS ONLY FOR SEMESTER I)

Pattern: 20-30 (20 Marks Internal Assessment, 30 Marks Semester End Exam)

Internal Assessment (Total 20 Marks):

- From General IKS

Semester End Examination (Total 30 Marks):

- From the Subject Specific IKS unit taught

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.

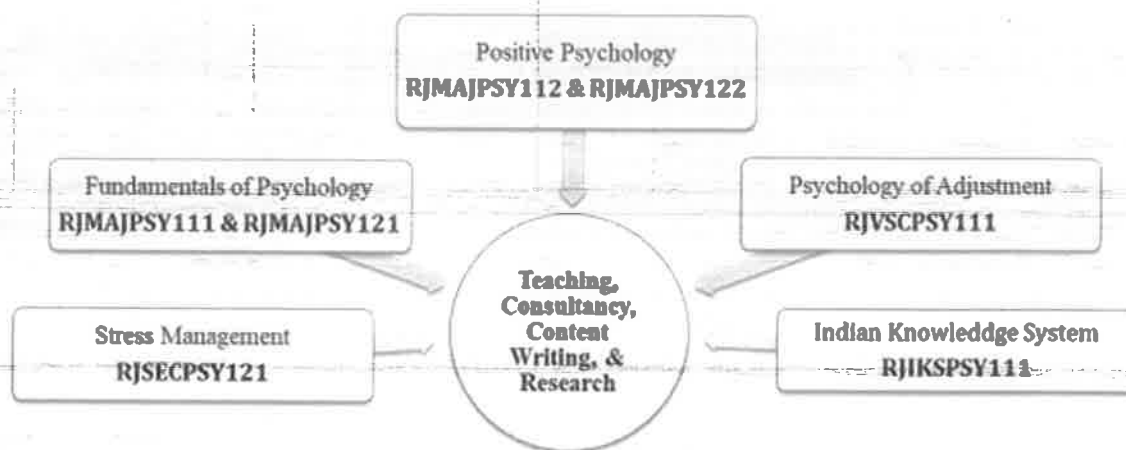
Misra, G., Sanyal, N., & De, S. (2021). Indian Psychology in Prospect. In *Psychology in modern India: Historical, Methodological, and Future Perspectives* (pp. 203–220). essay, Springer Nature Singapore Pte Ltd.

Paranjpe, A. C. (2002). The Context of Inquiry. In *Self and Identity in Modern Psychology and Indian thought* (pp. 12–25). essay, Plenum Publishers.

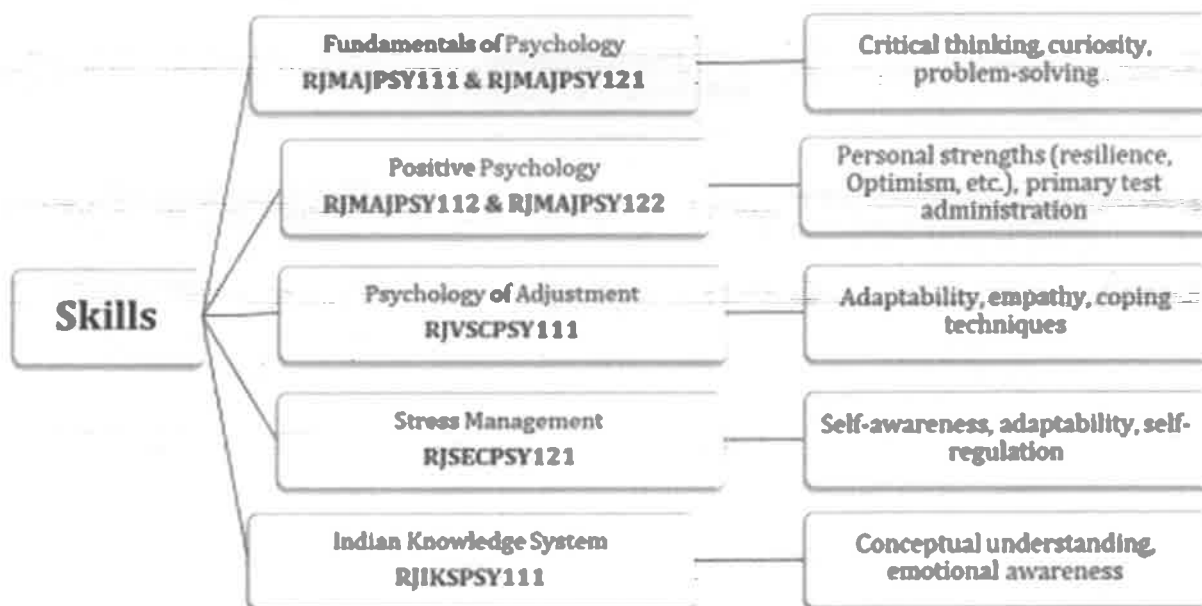
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**MAPPING OF COURSES WITH RELEVANT EMPLOYABILITY /
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**MAPPING OF COURSES IN RELEVANCE TO LOCAL, REGIONAL, NATIONAL, GLOBAL, &
DEVELOPMENTAL NEEDS**

**AND WITH CROSS CUTTING ISSUES: PROFESSIONAL ETHICS, GENDER, HUMAN
VALUES, ENVIRONMENT, & SUSTAINABLE DEVELOPMENT GOALS**

Course Code	Subjects	Relevance to Various Needs	Relevance to Cross-Cutting Issues
RJIKSPSY111	Indian Roots of Psychology	Local, Regional, National	Gender, Human Values, Environment

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