

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)



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

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.

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

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.

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

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.

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

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.

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

F.Y.B.A. PSYCHOLOGY

Credit structure as per NEP-2020 implemented from the academic year 2026-2027

Generic/ Open Elective Course (offered to Other Faculty Students):				
NEP-2020 Vertical	Course Code	Semester I	Semester II	Credits
Generic/Open Elective	RJOECPSY111 & RJOECPSY121	Humans of Psychology - Part 1	Humans of Psychology - Part 2	02

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

DISTRIBUTION OF TOPICS AND CREDITS

SEMESTER I

Generic/Open Elective Course I: Humans of Psychology

(To
be

Course Code	Nomenclature	Credits	Topics
RJOECPSY11 1	Humans of Psychology – Part 1	02	1. Psychology in Education, Vocational Guidance, & at Workplace 2. Psychology for Mental Health, Forensic, & Military Settings

included in the basket of Open Electives offered to students of Other Faculty)

DISTRIBUTION OF TOPICS AND CREDITS

SEMESTER II

Generic/Open Elective Course II: Humans of Psychology

(To be included in the basket of Open Electives offered to students of Other Faculty)

Course Code	Nomenclature	Credits	Topics
RJOECPSY12 1	Humans of Psychology – Part 2	02	1. Psychology for Sports, Cinema; & Marketing 2. Psychology & Human Species; Cultural Diversity; & Peace- Making

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

Learning Objectives & Course Outcomes

**Open/Generic Elective Courses I & II (for
other faculty students):**

Humans of Psychology

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

Semester	:	I & II
Title of the Course	:	Humans of Psychology – (Part 1 & Part 2)
Course Code	:	RJOECPSY111 / RJOECPSY121
Credits	:	02
Duration	:	30 Lecture Hours
LEARNING OBJECTIVES		
1.	Relate the need and significance of psychology professionals to everyday as well as niche settings which impact human life.	
2.	Find the workings of psychology professionals in various practical disciplines.	
COURSE LEARNING OUTCOMES		
On completing the course, the student will be able to:		
CLO 1	Describe the significance of psychology professionals in various fields that impact human life.	
CLO 2	List the functions carried out in applying psychological principles in various professions and settings.	

Hindi Vidya Prachar Samiti's Ramniranjan Jhunjhunwala College
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SEMESTER I		L	CR
Open Elective Course: Humans of Psychology – Part 1	Paper Code : RJOECPSY111	30	02
Unit I: Psychology in Education, Vocational Guidance, & at Workplace		15	
1. Education: Effective Teaching & Learning; Importance & study of Social & Emotional Development			
2. Career Choices: Personality, Interests, Self-efficacy; Careers: Aspirations, Explorations, Transitions; Vocational Guidance			
3. Workplace: What is I/O Psychology?; Orientation to its role in Employee Selection; Training; Performance; Motivation & Emotion; & Facilitating Team Work & Leadership			
Unit II: Psychology for Mental Health, Forensic, & Military Settings		15	
1. Mental Health: Mental Health Care Act 2017 Highlights; study of Abnormal Psychology; Emergence of Positive Psychology; Different Mental Health Professionals			
2. Psychology in Crime & Justice: Forensic Psychology & Criminal Psychology in India & Globally			
3. Military Psychology: Psychology's role in Military Settings & the status of the field in India			

Note:
This
Open

Elective Course may be included in the Basket of Courses offered to Other Faculty Students in Semester I

(Students should confirm whether the said course is offered in the given semester) Further the said course is Psychology Major Students are expected to select an Open Elective Course offered by Departments of Science or Commerce Faculty

SEMESTER II		L	CR
Open Elective Course: Humans of Psychology – Part 2	Paper Code : RJOECPSY121	30	02
Unit I: Psychology for Sports, Cinema, & Marketing		15	
1. Sports Psychology: How can Psychologists contribute to the lives of Athletes? - Capacities in which a Sports Psychologist Functions			
2. Psychology & Films: How to interpret movies using Psychology? - Symbolic Frameworks; The Unconscious; Archetypes; Ideology; Perceptual & Emotional Elements			
3. Consumer Psychology: How to understand Consumer Behaviour & Perceptions? - An Orientation to Psychology applied to Products & Services			
Unit II: Psychology & Human Species; Cultural Diversity; & Peace-Making		15	
1. Evolutionary Psychology: Products of Evolutionary Process: Adaptations, By-products, & Random Effects; Evolved Psychological Mechanisms			
2. Cross-Cultural Psychology: Dynamic interplay between Psychology & Culture; Differences (East-West) & Universals; Adapting to Multiculturalism			
3. Peace Psychology: Definition of the field, Its Scope & Impact			

Note:

**This Open Elective Course may be included in the Basket of Courses
offered to Other Faculty Students in Semester II**

**(Students should confirm whether the said course is offered in the given
semester)**

**Psychology Major Students are expected to select an Open Elective Course
offered by Departments of Science or Commerce Faculty**

Internal Assessment (Total 20 Marks):

One Internal Assessment (IA) will be conducted of 20 marks.

Modes of Evaluation: Essay Assignment / Open Book Test / Individual or Group Presentations / Discussions (to critically analyze and discuss research findings) / Projects / MCQs / Movie Screening – Report or Group Discussion / Debate

Semester End Examination (Total 30 Marks):

Two brief questions will be asked – one from each unit respectively (10 Marks each); & Two Short notes (05 Marks each) (total four short notes will be asked, two from each unit).

Each question will have an internal option(s).

Question No.	Unit	Internal Option	Max. Marks
1.	I	A) _____ or B) _____	10
2.	II	A) _____ or B) _____	10
3.	I & II (attempt any 2)	A) _____ B) _____ C) _____ D) _____	10

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

**FORMAT FOR SUBMISSION OF PROJECT / FIELD OR INDUSTRIAL VISIT
REPORTS**

Name of the Department: Paper: _ Course Code: Name

of the Student: Roll No: Div: Date: Type of Assessment:

Marks: / 20

Detailed rubric will be shared by the respective course instructor when project /
industrial visit is a part of the internal assessment.

The following front page (will be given by the Department) is to be attached



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)
Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce
Opposite Chhatrapati Railway Station, Chhatrapati (West), Mumbai 400039, Maharashtra, INDIA.
Website: www.rjcollege.edu.in Email: gpo@rjcollege.edu.in Tel No. 401 87 2019100 Fax No. 401 87 2019000
Approved by UNIVERSITY OF MUMBAI & NAAC Re-Accredited to Grade 'C' (2016)

FIELD PROJECT REPORT SUBMITTED

BY

NAME :

CLASS :

ROLL NUMBER :

YEAR :

Signature of Teacher in charge /MOD