

AC / / 2017
Item no.

UNIVERSITY OF MUMBAI



Revised Syllabus for Sem III and Sem IV

Program: B. A.

Course: History and Archaeology

(Choice Based Credit System with effect from the Academic
year 2017-2018)

SYBA – History Paper-II
Landmarks in World History, 1300 A.D.-1945 A.D.

SEMESTER–III

Objectives: To enable the students to comprehend the transition of Europe from medieval to modern times and its impact on the world. To provide accurate knowledge of the most significant events and personalities of the period under study and encourage understanding of the making of the modern world

Module I: The Modern Age

- (a) Renaissance
- (b) Geographical Discoveries
- (c) Reformation

Module II: Age of Revolutions

- (a) American Revolution
- (b) French Revolution
- (c) Industrial Revolution

Module III: Nationalism and Imperialism

- (a) Formation of Nation-States in Europe
- (b) Nationalist Movements in Italy and Germany
- (c) Imperialist Expansion in Asia

Module IV: World in Transition (1914-1919)

- (a) World War I
- (b) Russian Revolution
- (c) League of Nations

SEMESTER-IV

Module I: Inter War Period

- (a) Kemal Pasha and Modernization of Turkey
- (b) Reza Shah and Reforms in Iran
- (c) Birth of Israel

Module II: Rise of Dictatorships

- (a) Fascism
- (b) Nazism
- (c) Militarism in Japan

Module III: World War II and Efforts for Peace

- (a) World War II
- (b) The Atlantic Charter
- (c) United Nations Organization.

Module IV: Nationalist Movements in Asia

- (a) Dr. Sun-Yat-Sen and China
- (b) Mahatma Gandhi and India
- (c) Dr. Sukarno and Indonesia

References:

English Books

- Benns, F.L., *European History since 1870*, Appleton Century Gofts, New York, 1950.
- Carrie, Albercht R.A., *Diplomatic History of European since the Congress of Vienna*, Harper, New York, 1958.
- Chatterjee, N.C., *History of Modern Middle East*, Abhinav Publication, New Delhi, 1987.
- Clyde P.H and Beers B.F., *Far East*, N.D. Prentice Hall of India Pvt. Ltd, New Delhi, 1976.
- Cornwell, R.D., *World History in the Twentieth Century*, Longman, Essex, 1999.
- David, M.D., *Landmarks in World History*, Himalaya Publishing House, Mumbai, 1999.
- David, M.D., *Rise and Growth of Modern Japan*, Himalaya Publications House, Mumbai, 1999.
- Fay, S.B., *Origins of the World War 1914*, Second Ed, New York Free Press, New York ,1999
- Grant, A.J and Temperley, H.WV., *Europe in 19th & 20th Centuries 1914-1945*. 5th Ed. Longman, New York, 2005.
- Hayes, C.J.H., *Contemporary Europe since 1870-1955*, Macmillan, New York, 1970.
- Hsu, Immanual C.Y., *The Rise of Modern China*, OUP, New York, 1975.
- Kennedy, M.D., *A Short History of Japan*, North American Library Press, 1965.
- Kirk, S.E., *A Short History of the Middle East*, New York, 1959.
- Lewis, Bernard., *The Emergence of Modern Turkey*, Oxford University, London,1979.
- Lipson, E., *Europe in the 19th 20th Centuries*, A.H. Black, London, 1960.
- Lipton, Joseph M., *The History of Modern Iran: An Interpretation*, Harvard University Press, 1975.
- Lowe, Norman., *Mastering Modern World History* , 4th Ed. Palgrave Macmillan, 2005.
- Mahmood, Shamma Ed., *An Introduction to the History of the World*, Pearson, Delhi, 2012.
- Story, Richard., *Japan & The Decline of the West in Asia 1894-1943*, St. Martin Press, New York City,1979.
- Taylor, A.J.P., *The struggle for Mastery in Europe (1848-1918)*, Oxford, 1954.
- Thomson, David., *Europe Since Napoleon*, 1962, Longman, Indian Ed. Jain Pushpak Mandir Jaipur 1977.

Marathi Books:

Jain, Hukumchand and Mathur, Krishna., *Adhunik Jagacha Itihas*, K Sagar Publication, Pune 2006.

Kadam, Y.N., *Visavya Shatkalin Jagacha Itihas*, Phadke Prakashan, Kolhapur, 2005.

Kulkarni, A.R and Deshpande., *Adhunik Jagacha Itihas*, Vol. I and II, Snehvardhan Publishing House, Pune, 1996.

Sakure, Vijaya and Kathare, Anil., *Jagtik Itihasatil Stithantre*, Chinmey Prakasan, Aurangabad, 2011.

Udgaokar, M. N., and Raut, Ganesh., *Adhunik Jag*, Diamond Publication, Pune, 2008.

Vaidya, Suman and Kothekar, Shanta., *Adhunik Jag*, Vol. I and II, Shri Sainath Prakashan, Nagpur, 2000.

SYBA History- Paper- III
Ancient India from Earliest Times to 1000 A.D.

SEMESTER-III

Objectives: To acquaint the students with different sources of Ancient Indian History. To enable the students to understand the political, socio-economic and cultural developments in the period under study and appreciate the rich cultural heritage in India

Module I: Sources of Ancient India and their Importance

- (a) Archaeological
- (b) Literary
- (c) Foreign Travellers

Module II: Indus Valley Civilization

- (a) Social and Economic Life
- (b) Religious Life
- (c) Town Planning and Decline of the Civilization

Module III: Vedic Age

- (a) Janapada
- (b) Social and Economic Life
- (c) Religion

Module IV: India after 6th Century B.C.

- (a) Administration of Mahajanapadas
- (b) Jainism and Buddhism
- (c) Persian and Greek Invasions

SEMESTER-IV

Module I: Mauryan and Post- Mauryan Period (322 B.C. to 320 A.D.)

- (a) Chandragupta and Ashoka
- (b) Mauryan Administration
- (c) Post Mauryan Dynasties- Sungas, Kushanas and Satavahanas

Module II: Gupta Age (320 A.D. to 600 A.D.)

- (a) Imperial Expansion: Chandragupta I, Samudragupta and Chandragupta II
- (b) Administration
- (c) Classical Age

Module III: Post Gupta Period (600A.D. to 1000A.D.)

- (a) The Age of Harshavardhan
- (b) The Rise of Rajputs
- (c) Arab Invasion of Sind

Module IV: Major Dynasties of Deccan and South India

- (a) Chalukyas of Badami and Rashtrakutas
- (b) Pallavas and Cholas
- (c) Spread of Indian Culture in South-East Asia

References:

English Books

- Agarwal, D.P., *The Archaeology of India*, Delhi Select Book Services, Syndicate, 1984.
- Allchin, B. Zidget and F. Raymond, Allchin., *Origin of a Civilization – The Pre- History and early Archaeology of South Asia*, Viking, 1997.
- Aiyangar, S.K., *Ancient India and South Indian History Culture*, Oriental Book Agency, Pune, 1941.
- Basham, A. L., *The Wonder that was India*, Rupa & Co, 1998.
- Bhattacharya, N.N., *Ancient Indian Rituals and their Social Contents*, Manohar Publications, Delhi, 1996.
- Chakravarty, Uma., *The Social Dimensions of Early Buddhism*, Munshiram Manoharlal, Delhi, 1996.
- Chakravarty, K.C., *Ancient Indian Culture and Civilization*, Vora and Company, Bombay, 1952.
- Jha, D.N., *Ancient India in Historical Outline*, Motilal Banarasidas, New Delhi, 1974
- Kautilya., *The Arthashastra*, Penguin Books, 1987.
- Kulkarni, C.M., *Ancient Indian History and Culture*, Karnataka Publishing House, Mumbai, 1956.
- Luniya, B.N., *Life and Culture in Ancient India*, Lakshmi Narain Agarwal, Agra, 1994.
- Majumdar, R.C and Altekar A.S. ed., *The Vakataka- Gupta Age*, Motilal Banarasidas, Delhi, 1967.
- Majumdar, R.C., *Ancient India*, Motilal Banarasidas Publishers Pvt. Ltd , New Delhi, 1974.
- Mookerjee, R.K., *Ancient India*, Indian Press, Allahabad, 1956.
- Mukherjee, B.N., *Rise and Fall of the Kushan Empire*, Firma KLM, Kolkata, 1988.
- Nandi, R.N., *Social Roots of Religion in Ancient India*, K.B. Bagchi , Kolkata, 1986.
- Nilkanth, Shastri K A., *A History of South India*, Madras, 1979.
- Pannikar, K.M., *Harsha and His Times*, D.B. Taraporewalla Sons and Co. Bombay, 1922.
- Pargitar, F.E., *Ancient Indian Historical Tradition*, Motilal Banarasidas Publishers Pvt.Ltd, New Delhi, 1962.

Pathak, V.S., *Historians of India (Ancient India)*, Asia Publishing, Bombay, 1966.

Possell, G.L., ed., *Ancient Cities of the Indus*, Vikas, Delhi, 1979.

Sen, S.N., *Ancient Indian History and Civilization*, Wiley Eastern Pvt.Ltd, New Delhi, 1988.

Sharma, L.P., *Ancient History of India, Pre- Historic Age to 1200 A.D*, Vikas Publishing House, New Delhi, 1981.

Sharma, S.R., *Ancient Indian History and Culture*, Hind Kitab Ltd., Mumbai, 1956.

Thapar, Romila., *Ashoka and the Decline of the Mauryas*, Oxford University Press, London, 1961.

Tripathi, R.S., *History of Ancient India*, Motilal Banarasidas, Varanasi, 2003.

Marathi Books:

Gayedhani, R.N, and Rahurkar., *Prachin Bharatacha Itihas*, Continental Prakashan, Pune.

Joshi, P.G., *Prachin Bharatacha Sanskritik Itihas*, Vidhya Prakashan, Pune.

Khabde, Dinkar., *Prachin Bharat*, Kailash Prakashan, Aurangabad.

Kosambi, D.D., *Prachin Bharatiye Sanskriti Vha Sabhyata*, Diomond Publication, Pune,

Kulkarni,A.R.,*Prachin Bharat*, Snehvardhan Prakashan, Pune.

Morbanchikar,R.S., *Sathvahanakalin Maharashtra*, Kailash Prakashan, Aurangabad.

Singre, Anil., *Dakshin Bharatacha Itihas*, Kailash Prakashan, Aurangabad.

B.A. HISTORY

Question Paper Pattern for S.Y.B.A. History

Semester III and Semester IV

As per University rules and guidelines

University of Mumbai



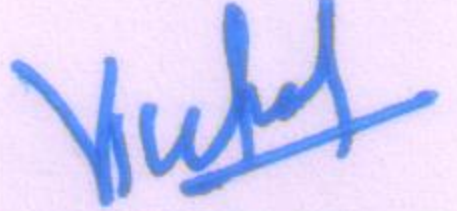
No. UG/128 of 2019-20

CIRCULAR:-

Attention of the Principals of the Affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty is invited to this office Circular No. UG/40 of 2012-13, dated 25th June, 2012 relating to the revised syllabus as per the (CBSGS) of Paper II & III in Semester III & Semester IV of B.A. programme in the course of Economics.

They are hereby informed that the recommendations made by the Board of Studies in Economics at its meeting held on 7th June, 2019 have been accepted by the Academic Council at its meeting held on 26th July, 2019 vide item No.4.28 and that in accordance therewith, the revised syllabus as per the (CBCS) for the S.Y.B.A. (Sem. IV) Indian Economy – Paper VI in Economics has been brought into force with effect from the academic year 2020-21, accordingly. (The same is available on the University's website www.mu.ac.in).

MUMBAI – 400 032
26th September, 2019


(Dr. Vinod P. Patil)
I/c REGISTRAR

To

The Principals of the affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty. (Circular No. UG/334 of 2017-18 dated 9th January, 2018.)

A.C/4.28/26/07/2019

No. UG/128 -A of 2019-20

MUMBAI-400 032

26th September, 2019

Copy forwarded with Compliments for information to:-

- 1) The I/c Dean, Faculty of Humanities,
- 2) The Chairman, Board of Studies in Economics,
- 3) The Director, Board of Examinations and Evaluation,
- 4) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
- 5) The Director, Board of Students Development,
- 6) The Co-ordinator, University Computerization Centre,


(Dr. Vinod P. Patil)
I/c REGISTRAR

UNIVERSITY OF MUMBAI**Syllabus for Approval**

Sr. No.	Heading	Particulars
1	Title of the Course	S.Y.B.A. Semester IV Economics- Paper VI Indian Economy
2	Eligibility for Admission	FYBA
3	Passing Marks	40
4	Ordinances / Regulations (if any)	
5	No. of Years / Semesters	2 Semesters
6	Level	U.G
7	Pattern	Semester
8	Status	Revised
9	To be implemented from Academic Year	From Academic Year 2020-21

Date:

Signature :

Chairman/ Chairperson : _____

Dean Faculty of Humanities : _____

AC- 26/07/2019

Item No.- 4.28

UNIVERSITY OF MUMBAI



Revised Syllabus for the S.Y.B.A. (Sem IV) Paper VI

Indian Economy

Course: Economics

(As Per Choice Based Credit System with effect from the
academic year 2020-21)

Economics
S.Y.B.A. Semester IV
Paper VI
Indian Economy

Preamble

This paper deals with the nature and sector wise composition of Indian economy. The learners shall be able to understand the problems and prospects of Indian Economy. The content has also intended to orient the learners about the recent developments in the economy.

Module- I: Introduction (12 Lectures)

Trends in India's National Income and PCI Since 1990; Structural Changes In Indian Economy; Brief Overview of the Employment Generation and Poverty Alleviation Programmes; Regional Inequalities; Measures to Reduce Regional Inequalities in India

Module - II: Agricultural Sector (12 Lectures)

Role of Agriculture in Economic Development; Causes of Low Productivity; Agricultural Inputs; Agricultural Price Policy: Recent Minimum Support Price Policy; Income Support for Farmers; Sources of Agricultural Finance; Micro Finance; NABARD: Role and Function; Agricultural Marketing: Structure and Problems; National Policy for Farmers, 2007; Organic Farming Policy; Food Security in India

Module -III: Industrial Sector (12 Lectures)

Infrastructure for Industrial Development; Industrial Policies in India; Industrial Policy of 1991; Micro, Small and Medium Enterprises (MSMEs): Classification, Role and Policy Measures; Growth of Large Scale Industries and Economic Development; Recent Policies and Programs for Industrial Development: Start Up India, Make in India, Skill India; Role and Trends of FDI in Industrial Sector Development

Module -IV: Service Sector (12 Lectures)

Role of Service Sector in Indian Economy; Growth and Performance of Healthcare; Performance of Trade and Tourism, Information Technology and IT - Enabled Services; Research and Development Services With Reference to Education and Skill Development in Employment Generation in India; Performance of Service Sector during XIIth Five Year Plan

Reference

- 1) Ashwini Mahajan, Gaurav Datt, (2018) 'Indian Economy', S. Chand and Company, New Delhi.
- 2) Brahmananda, P.R. and V.R. Panchmukhi (Eds.), (2001), 'Development Experience in the Indian Economy: Inter-State Perspectives', Bookwell, New Delhi.
- 3) Datt, Ruddra and K.P.M, Sundaram, (2017), 'Indian Economy', S. Chand & Company Ltd., New Delhi.
- 4) Misra, S. K. and V. K. Puri, (2018) 'Indian Economy', Himalaya Publishing House, Mumbai.

- 5) Gaurav Datt and Ashwani Mahajan, (2016) 'Indian Economy', S Chand Publishing House, New Delhi.
- 6) Uma Kapila, (2018), ' Indian Economy: Performance and Policies, 2018-19', Academic Foundation, New Delhi.

University of Mumbai



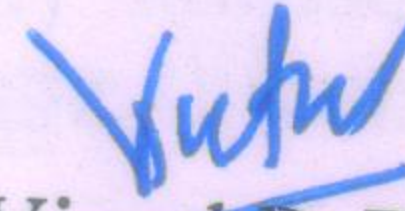
No. UG/125 of 2019-20

CIRCULAR:-

Attention of the Principals of the Affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty is invited to syllabus uploaded by Academic Authority Unit which was accepted by the Academic Council at its meeting held on 19th March, 2012 vide item No. 4.5 relating to the revised syllabus as per the (CBSGS) for the S.Y.B.A. Programme – B.A. Course – Economics Paper – II & III (Semester – III & IV).

They are hereby informed that the recommendations made by the Board of Studies in Economics at its meeting held on 07th June, 2019 have been accepted by the Academic Council at its meeting held on 26th July, 2019 vide item No.4.25 and that in accordance therewith, the revised syllabus as per the (CBCS) for the S.Y.B.A. (Sem. III) Macro Economics – I in Economics has been brought into force with effect from the academic year 2020-21, accordingly. (The same is available on the University's website www.mu.ac.in).

MUMBAI – 400 032
26th September, 2019


(Dr. Vinod P. Patil)
I/c REGISTRAR

To

The Principals of the affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty. (Circular No. UG/334 of 2017-18 dated 9th January, 2018.)

A.C/4.25/26/07/2019

No. UG/125-A of 2019-20

MUMBAI-400 032

26th September, 2019

Copy forwarded with Compliments for information to:-

- 1) The I/c Dean, Faculty of Humanities,
- 2) The Chairman, Board of Studies in Economics,
- 3) The Director, Board of Examinations and Evaluation,
- 4) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
- 5) The Director, Board of Students Development,
- 6) The Co-ordinator, University Computerization Centre,


(Dr. Vinod P. Patil)
I/c REGISTRAR

AC. 28/07/2020

Item No. 4.25
✓**UNIVERSITY OF MUMBAI****Syllabus for Approval**

Sr. No.	Heading	Particulars
1	Title of the Course	S.Y.B.A. Semester- III Economics- Paper- III Macroeconomics – I
2	Eligibility for Admission	HSC (Science)
3	Passing Marks	40 Percentage (Pass Class)
4	Ordinances / Regulations (if any)	-
5	No. of Years / Semesters	2 Semesters
6	Level	U.G
7	Pattern	Semester
8	Status	Revised
9	To be implemented from Academic Year	From Academic Year: 2020-21

Date:

Signature :

Chairman/ Chairperson : _____

Dean Faculty of Humanities : _____

AC- 26/07/2019

Item No.- 4.25

UNIVERSITY OF MUMBAI



Revised Syllabus for the S.Y.B.A. (Sem III) Paper III Macro Economics – I

Course: Economics

(As Per Choice Based Credit System with effect from the
academic year 2020-21)

Macro Economics - I

S.Y.B.A. Semester – III Paper III (Academic Year: 2020 - 21)

Preamble: This course is designed to provide an introduction to the students about the basic building blocks of Macro Economics which will serve as a foundation throughout their career.

Module – I: Introduction to Macro Economics and National Income (12 Lectures)

Introduction: Meaning and Scope of Macro Economics; Concepts of National Income: GNP, NNP, NDP, Per Capita Income, Personal Income and Disposal Income; Methods and Difficulties in Measurement of National Income; Circular Flow of National Income: Closed Economy (Two and Three Sector) and Open Economy Models (Four Sector Model)

Module – II: Consumption and Investment (12 Lectures)

Consumption and Investment; Says Law of Market; Theory of Effective Demand; Consumption Function; Investment Function; Marginal Efficiency of Capital and Rate of Interest- Investment Multiplier

Module – III: Supply of Money and Demand for Money (12 Lectures)

Supply of Money; Determinants of Money Supply; Velocity of Circulation of Money; RBI's Approach to Measurement of Money Supply; Demand for Money: Classical, Keynesian and Friedman's Approaches

Module – IV: Banking (12 Lectures)

Banking: Commercial Bank, Functions of Commercial Banks, Multiple Credit Creation, Balance Sheet of Commercial Bank; Development in Commercial Banking Sector Since 1990-91; Central Bank: Functions of Central Bank - Traditional, Developmental, Promotional

Reference

- 1) N. Gregory Mankiw, (2015), Principle of Macroeconomics, 7th edition, Cengage Learning.
- 2) Abel A. B. B. S. Beranake and D. Croushore (2011), Macroeconomics, Pearson, New Delhi.
- 3) Ahuja H. L., (2008), Macroeconomics theory and Policy, S. Chand and company Ltd. New Delhi.
- 4) Dwivedi D.N., (2007), Macroeconomics theory and Policy, TATA Mcgraw - Hill Publication company Ltd. Delhi.
- 5) Dornbusch Rudiger, Fischer, Stanley and Startz, (2017) (Indian Edition), Macroeconomics Delhi: Mcgraw Hill Publication.
- 6) Paul Samuelson and William Nordhaus, (2010), Economics, Mcgraw Hill Publication.

UNIVERSITY OF MUMBAI

No. UG/299 of 2017-18

Circular:-

The Principals of the Affiliated Colleges in Arts and the Heads University Departments and the Professors-cum-Director, Institute of Distance and Open Learning (IDOL) are hereby informed that the recommendations made by the Board of Studies in Psychology at its meeting held on 15th March, 2017 have been accepted by the Academic Council at its meeting held on 11th May, 2017 **vide** item No. 4.4 and that in accordance therewith, the revised syllabus as per the (CBCS) of S.Y.B.A. Social Psychology –Part I (Sem.III) and Part II (Sem.IV), Development Psychology – Part I (Sem III) and Part II (Sem IV), General Applied Component Option A Health Psychology – Part I (Sem.III) and Part II (Sem.IV), Option B Psychology of Adjustment – Part I (Sem.III) and Part II (Sem.IV), Option C Stress Management – Part I (Sem.III) and Part II (Sem IV) (CBCS) (Sem – I to IV) and the same has been brought into force with effect from the academic year 2017-18, accordingly. (The same is available on the University's web site (www.mu.ac.in)).

MUMBAI – 400 032
7th November, 2017


(Dr. Dinesh Kamble)
I/c REGISTRAR

To,

The Principals of the Affiliated Colleges in Arts and the Heads University Departments and the Professors-cum-Director, Institute of Distance and Open Learning (IDOL).

A.C/4.4/11.05.2017

No. UG/299 -A of 2017

MUMBAI-400 032 7th November , 2017

Copy forwarded with Compliments for information to:-

- 1.The Co-ordinator, Faculty of Humanities.
- 2.The Offg.Director, Board of Examinations and Evaluation,
- 3.The Director, Board of Students Development.,
- 4.The Co-Ordinator, University Computerization Centre,


(Dr. Dinesh Kamble)
I/c REGISTRAR

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)
 S.Y.B.A. **Social Psychology** Syllabi to be implemented from the Academic year
 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPS301	3	Social Psychology: Part I	3	100
UAPS401	4	Social Psychology: Part II	3	100

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Social Psychology
2. To foster interest in Social Psychology as a field of study and research
3. To make the students aware of the applications of the various concepts in Social Psychology in the Indian context

Semester III Social Psychology: Part I

3 lectures per week

Unit 1: Social Psychology - The Science of the Social Side of Life

- a) Social psychology: an overview; advances at the boundaries
- b) How social psychologists answer the questions they ask: research as the route to increased knowledge; the role of theory in social psychology
- c) The quest for knowledge and rights of individuals: in search of an appropriate balance

Unit 2: Social Cognition – How we think about the social world

- a) Heuristics: how we reduce our effort in social cognition
- b) Schemas: mental frameworks for organizing social information
- c) Automatic and controlled processing: two basic modes of social thought
- d) Potential sources of error in social cognition
- e) Affect and cognition

Unit 3: Social Perception – Perceiving and Understanding Others

- a) Nonverbal communication: the unspoken language of expressions, gazes gestures and scents
- b) Attribution: understanding the causes of others' behaviour
- c) Impression formation and impression management: combining information about others

Unit 4: Attitudes - Evaluating and Responding to the Social World

- a) Attitude formation: how attitudes develop
- b) When and why do attitudes influence behaviour? How do attitudes guide behaviour?
- d) The fine art of persuasion: how attitudes are changed; Resisting persuasion attempts
- f) Cognitive dissonance: what it is and how do we manage it?

Semester IV Social Psychology: Part II

3 lectures per week

Unit 1: The Causes, Effects, and Cures of Stereotyping, Prejudice, and Discrimination

- a) How members of different groups perceive inequality
- b) The nature and origins of stereotyping
- c) Prejudice: feelings toward social groups; Discrimination: prejudice in action

e) Why prejudice is not inevitable: techniques for countering its effects

Unit 2: Social Influence - Changing Others' Behaviour

- a) Conformity: Group Influence in Action
- b) Compliance: To Ask – Sometimes - Is to Receive
- c) Symbolic social influence
- d) Obedience to Authority

Unit 3: Aggression - Its Nature, Causes, and Control

- a) Perspectives on aggression: in search of the roots of violence
- b) Causes of human aggression: social, cultural, personal, and situational
- c) Bullying: singling out others for repeated abuse
- d) The prevention and control of violence: some useful techniques

Unit 4: Groups and Individuals - The Consequences of Belonging

- a) Groups: when we join and when we leave
- b) Effects of the presence of others: from task performance to behaviour in crowds
- c) Coordination in groups: cooperation or conflict?
- d) Perceived fairness in groups: its nature and effects
- e) Decision making by groups: how it occurs, the pitfalls it faces, the downside of group decision making
- f) The role of leadership in group settings

Book for Study:

Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014

Books for Reference

- 1) Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education Prentice Hall
- 2) Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian adaptation 2009
- 3) Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
- 4) Delamater, J. D., & Myers, D. J. (2007). Social Psychology. (6th edi.), Thomson Wadsworth International student edition, USA
- 5) Franzoi, S. L. (2003). Social Psychology. (3rd ed.). New York: McGraw Hill co.
- 6) Kenrick, D. T., Newberg, S. L., & Cialdini, R. B. (2007). Social Psychology: Goals in Interaction. (4th edi.). Pearson Education Allyn and Bacon, Boston
- 7) Mercer, J. & Clayton, D. (2014). Social Psychology. New Delhi: Dorling Kindersley India pvt ltd.
- 8) Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social Psychology. (12th edi.). New Delhi: Pearson Education

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

S.Y.B.A. **Developmental Psychology** Syllabi

To be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPS302	3	Developmental Psychology: Part I	3	100
UAPS402	4	Developmental Psychology:Part II	3	100

Objectives: -

1. To impart knowledge and understanding of the basic concepts, principles, perspectives and modern trends in Developmental Psychology
2. To foster interest in Developmental Psychology as a field of study and research
3. To make the students aware of the implications and applications of the various concepts, principles and theories of Developmental Psychology in daily life in the Indian context

Semester III Developmental Psychology: Part I

3 lectures per week

Unit 1. An Introduction to Lifespan Development

- a) An orientation to lifespan development
- b) Key issues and questions: determining the nature and nurture of lifespan development
- c) Theoretical perspectives on lifespan development
- d) Research methods

Unit 2. The Start of Life: Prenatal Development, Birth and the Newborn Infant

- a) Earliest development, the interaction of heredity and environment, prenatal growth and change
- b) Birth, birth complications, the competent newborn

Unit 3. Physical Development in Infancy

- a) Growth and stability
- b) Motor development
- c) The development of the senses

Unit 4. Cognitive Development in Infancy

- a) Piaget's Approach to Cognitive Development
- b) Information Processing Approaches to Cognitive Development
- c) The Roots of Language

Semester IV Developmental Psychology: Part II

3 lectures per week

Unit 1. Physical and Cognitive Development in the Preschool Years

- a) Physical growth - the growing body, the growing brain, motor development
- b) Intellectual development
- c) The growth of language and learning

Unit 2. Social and Personality Development in Pre-school years

- a) Forming a sense of self
- b) Friends and family: preschoolers' social lives
- c) Moral development and aggression

Unit 3. Physical and Cognitive Development in Middle Childhood

- a) Physical Development
- b) Intellectual development
- c) Schooling: The Three Rs (and More) of Middle Childhood

Unit 4. Social and Personality Development in Middle Childhood

- a) The developing self
- b) Relationships: Building friendship in middle childhood
- c) Family and school: shaping children's behaviour in middle childhood

Book for study

**Feldman, R. S. (2014). Development across the Life Span. (7th Ed).
New Jersey: Pearson Education**

Books for reference

- 1) Berk, L. E. (2006). Child Development. (7th Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 2) Berk, L. E. (2004). Development through the lifespan. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 3) Cook, J. L., & Cook, G. (2009). Child Development: Principles and Perspectives. Boston: Pearson Education
- 4) Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009). Human Development. (9th Ed). New York: McGraw Hill co. Inc.
- 5) Dacey, J. S. & Travers, J. F. (2004). Human Development across the lifespan. (5th Ed). McGraw Hill co.
- 6) Feldman, R. S., & Babu, N. (2011). Discovering the Life Span. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India pvt ltd.
- 7) Kail, R. V. (2007). Children and their Development. (4th Ed). New Jersey: Pearson Education Inc.
- 8) McDevitt, T. M., & Omrod, J. E. (2007). Child Development and Education. (3rd Ed). New Jersey: Pearson Education Inc.
- 9) Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12th Ed). McGraw Hill, international Edition
- 10) Shaffer, D. R., & Kipp, K. (2007). Developmental Psychology: Childhood and Adolescence. (7th Ed). Thomson Learning, Indian reprint 2007

Important Note - In view of today's increased multiculturalism, socio-cultural dimensions of all units should be taught and discussed with respect to relevance/ applications/ implications in the Indian context.

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)
General Applied Component at S.Y.B.A. Option A - **Health Psychology**
Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAHP3A1	3	Health Psychology: Part I	2	100
UAHP4A1	4	Health Psychology:Part II	2	100

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Health Psychology
2. To foster interest in Health Psychology as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Health Psychology in the Indian context

Semester III - Health Psychology Part I

4 lectures per week

Unit 1. What Is Health Psychology and its Challenges for the Future

- a) Definition of health psychology, the mind-body relationship, the biopsychosocial model in health psychology, the need for health psychology, what is health psychology training for?
- b) Health Promotion, Stress and its management, health services, Management of serious illness, Trends in health and health psychology, becoming a health psychologist

Unit 2. Health Behaviours

- a) Health promotion - an overview, an introduction to health behaviours, changing health habits, cognitive-behavioural approaches to health behaviour change, the transtheoretical model of behaviour change
- b) Changing health behaviors through social engineering, venues for health-habit modification

Unit 3. Stress

- a) What is stress, theoretical contributions to the study of stress
- b) What makes events stressful, how stress has been studied, sources of chronic stress

Unit 4. The Management of Pain and Discomfort

- a) The significance of pain, elusive nature of pain, clinical issues in pain management, pain control techniques
- b) Management of chronic pain – pain management programs, placebo as healer

Semester IV - Health Psychology Part II

4 lectures per week

Unit 1. Management of Chronic Illness

- a) Quality of life, emotional responses to chronic illness, personal issues in chronic disease,
- b) Coping with chronic illness, co-management of chronic illness, Psychological interventions and chronic illness

Unit 2. Psychological Issues in Advancing and Terminal Illness

- a) Death across the life span, psychological issues in advancing illness; are there stages in adjustment to dying?
- b) Psychological management of the terminally ill, alternatives to hospital care for the terminally ill, problems of survivors

Unit 3. Heart Disease, Hypertension, Stroke and Type II Diabetes

- a) Coronary heart disease, Hypertension
- b) Stroke, Type II Diabetes

Unit 4. Psychoneuroimmunology, AIDS, Cancer and Arthritis

- a) Psychoneuroimmunology, HIV infection and AIDS
b) Cancer, Arthritis, Type I Diabetes.

Book for Study -

Taylor, Shelley E. (2012). Health Psychology (8th Ed). McGraw Hill Higher Education. International Edition

Books for reference

- 1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
- 2) Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- 3) Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Wadsworth Thomson Learning. First Indian reprint 2007
- 4) Dimatteo, M. R. & Martin, L. R. (2002). Health Psychology. Pearson Education; Indian reprint 2007
- 5) Greenberg, J. S. (2013). Comprehensive Stress Management. (13th ed). New York: McGraw Hill publications
- 6) Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
- 7) Khatoon, N. (2012). Health Psychology. New Delhi: Dorling Kindersley India pvt ltd
- 8) Marks, D. F., Murray M., Evans, B., Willig C., Woodall, C., & Sykes, C. M. (2005). Health Psychology: Theory, Research and Practice. (2nd ed.), New Delhi, Sage Publications India Pvt. Ltd, Sage South Asia edition 2008
- 9) Ogden, J. (2007). Health Psychology: A Textbook. (4th ed.), Open University Press, McGraw Hill
- 10) Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

General Applied Component at S.Y.B.A. Option B – **Psychology of Adjustment**

Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPA3A1	3	Psychology of Adjustment: Part I	2	100
UAPA4A1	4	Psychology of Adjustment:Part II	2	100

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Psychology of Adjustment
2. To foster interest in Psychology of Adjustment as a field of study and research

3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

Semester III - Psychology of Adjustment: Part I

4 lectures per week

Unit 1. Self-direction in a changing world and seeking selfhood

- a) Social change, the challenge of self-direction, themes of personal growth
- b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self-concept and personal growth

Unit 2. Towards better health

- a) Body image; Health and the mind–body relationship
- b) Coping with illness; Promoting wellness

Unit 3. Taking charge and Managing motives and emotions

- a) Personal control, decision making, decisions and personal growth
- b) Understanding motivation; Understanding emotions

Unit 4. Sexuality, Love and commitment

- a) Sexuality and shared partnerships, sexual responsiveness, sexual orientation, practical issues
- b) Love is a many splendored (and defined) thing, finding love, marriage and other committed relationships, adjusting to intimate relationships, divorce and its consequences

Semester IV - Psychology of Adjustment: Part II

4 lectures per week

Unit 1. Stress

- a) Understanding stress; reactions to stress
- b) Managing stress

Unit 2. Understanding mental disorders

- a) Psychological disorders; Anxiety disorders
- b) Mood disorders; Other disorders

Unit 3. Therapy and Treatment

- a) Psychotherapy: what it is and who uses it
- b) Insight therapies; Cognitive and behavioural therapies
- c) Other approaches to treatment; How well does therapy work

Unit 4. : Death, Dying, and Grief

- a) Death and Dying
- b) Life and Death in Perspective
- c) Bereavement and Grief

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). Psychology for Living – Adjustment, Growth, and Behaviour Today. (11th ed.). New Jersey: Pearson

Books for reference

1. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
2. Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
3. Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education
4. Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition
5. Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008
6. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications
7. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
8. Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
9. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
10. Taylor S. E. (2003). Health Psychology (5th ed). McGraw Hill Higher Education. International Edition.
11. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India
12. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

S.Y.B.A. General Applied Component Option C - **Stress Management**

Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UASM3A1	3	Stress Management: Part I	2	100
UASM4A1	4	Stress Management: Part II	2	100

Objectives: -

1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research

3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context

Semester III Stress Management Part I

4 lectures per week

Unit 1. Stress and Stress Psychophysiology

- a) The pioneers, stress theory, the stressor, stress reactivity, a definition of stress, stress management goals
- B) Stress psychophysiology: the brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress

Unit 2. Stress and Illness/Disease, and Intervention

- a) Hot reactors, psychosomatic disease, stress and the immunological system, stress and serum cholesterol, specific conditions, post-traumatic stress disorder, stress and other conditions
- b) Intervention – coping with a stressor, a model of stress, setting up roadblocks, comprehensive stress management, eustress and the model, taking control and making a commitment

Unit 3. Intrapersonal and Interpersonal Life-Situation Interventions

- a) Intrapersonal Interventions: – Eliminating unnecessary stressors, nutrition and stress, noise and stress, life events and stress, hassles and chronic stress, success analysis
- b) Interpersonal Interventions – asserting oneself, conflict resolution, communication, emotional intelligence, technostress, time management, social support networking

Unit 4. Perception Interventions

- a) Selective awareness, stop to smell the roses, perspective and selective awareness, an attitude of gratitude, humour and stress
- b) Type A behaviour pattern, self-esteem, locus of control, anxiety management, resiliency, hardiness

Semester IV. Stress Management: Part II (Credits = 2)

4 lectures per week

Unit 1. Relaxation Techniques

- a) Meditation
- b) Autogenic training, imagery and progressive relaxation
- c) Biofeedback and other relaxation techniques

Unit 2. Exercise and Strategies for decreasing stressful behaviours

- a) Physiological arousal interventions: Exercise and health, the healthy way to exercise, principles of exercise, assessing cardio-respiratory fitness, starting an exercise program, choosing an exercise program, exercise and the elderly, exercise – keep it going
- b) Strategies for decreasing stressful behaviours - Health and lifestyle behaviours, health-behaviour assessment, selected lifestyle behaviours, barriers to action, locus of control, various methods for decreasing stressful behaviours, application of behaviour change techniques, behaviour change theories and stress

Unit 3. Occupational Stress

- a) What is Occupational Stress, occupational stress cycle, why is occupational stress of concern, gender and occupational stress, disease and occupational stress
- b) Occupational stressors, the workaholic, burnout, women and work outside the home, working in the home, interventions, managing occupational stress

Unit 4. Family Stress

- a) The family, marriage, cohabitation, divorce, single-parent families, gay and lesbian families
- b) Family stressors, a model of family stress, interventions

Book for Study

Greenberg, J. S. (2013). *Comprehensive Stress Management*. (13th ed). New York: McGraw Hill publications

Books for Reference

- 1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
- 2) Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- 3) Hariharan, M., & Rath, R. (2008). *Coping with Life Stress: The Indian Experience*. New Delhi: Sage publications India pvt ltd
- 4) Rice, P.L. (1999). *Stress and Health*. (3rd ed). Brooks/Cole publishing co.
- 5) Schafer, W. (2002). *Stress Management*. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
- 7) Wilson, E. (2007). *Stress Proof Your Life: 52 Brilliant Ideas for Taking Control*. New Delhi: Pearson Power

University of Mumbai



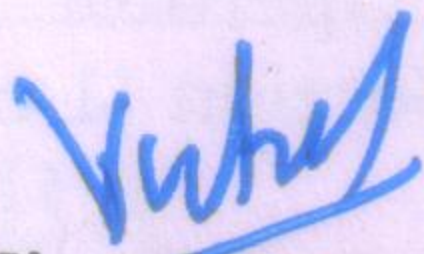
No. UG/126 of 2019-20

CIRCULAR:-

Attention of the Principals of the Affiliated Colleges and Directors of the recognized Institutions in Science & Technology, Humanities Faculties is invited to this office Circular No. UG/258 of 2011, dated 18th August, 2011 relating to the revised syllabus as per the (CBSGS) for First Year of B.Sc. programme and for Second Year of S.Y.B.A. programme in Economics (paper II).

They are hereby informed that the recommendations made by the Board of Studies in Economics at its meeting held on 7th June, 2019 have been accepted by the Academic Council at its meeting held on 26th July, 2019 vide item No.4.26 and that in accordance therewith, the revised syllabus as per the (CBCS) for the S.Y.B.A. (Sem. III) Public Finance – Paper IV in Economics has been brought into force with effect from the academic year 2020-21, accordingly. (The same is available on the University's website www.mu.ac.in).

MUMBAI – 400 032
26th September, 2019


(Dr. Vinod P. Patil)
I/c REGISTRAR

To

The Principals of the affiliated Colleges and Directors of the recognized Institutions in Humanities Faculty. (Circular No. UG/334 of 2017-18 dated 9th January, 2018.)

A.C/4.26/26/07/2019

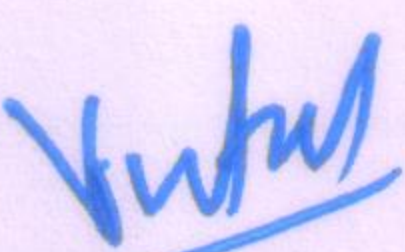
No. UG/126 -A of 2019-20

MUMBAI-400 032

26th September, 2019

Copy forwarded with Compliments for information to:-

- 1) The I/c Dean, Faculty of Humanities,
- 2) The Chairman, Board of Studies in Economics,
- 3) The Director, Board of Examinations and Evaluation,
- 4) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
- 5) The Director, Board of Students Development,
- 6) The Co-ordinator, University Computerization Centre,


(Dr. Vinod P. Patil)
I/c REGISTRAR

UNIVERSITY OF MUMBAI



Syllabus for Approval

Sr. No.	Heading	Particulars
1	Title of the Course	S.Y.B.A. Semester- III Economics- Paper- III Macroeconomics – I
2	Eligibility for Admission	HSC (Science)
3	Passing Marks	40 Percentage (Pass Class)
4	Ordinances / Regulations (if any)	-
5	No. of Years / Semesters	2 Semesters
6	Level	U.G
7	Pattern	Semester
8	Status	Revised
9	To be implemented from Academic Year	From Academic Year: 2020-21

Date:

Signature :

Chairman/ Chairperson :

Dean Faculty of Humanities :

AC- 26/07/2019

Item No.- 4.26

UNIVERSITY OF MUMBAI



Revised Syllabus for the S.Y.B.A. (Sem III) Paper IV

Public Finance

Course: Economics

(As Per Choice Based Credit System with effect from the
academic year 2020-21)

SYBA - SEMESTER III
Economics – Paper IV
Public Finance

Preamble

Public Finance is the study of government policy from the point of economic efficiency and equity. The role and functions of the government have been changing throughout time. The existence of externalities, acceleration of economic growth, raising the level of employment, the need and concern for adjustment in the distribution of income and wealth etc. require the use of package of policies which require tax systems, expenditure programmes, rising of debt, issues of deficit etc. This paper deals with basic concepts which explain the need for government intervention. It exposes the student to public budget through issues of taxation, expenditure, debt and concepts of deficit. The last Unit is related to topics concerning Indian Public Finance.

Unit – I Introduction **(12 Lectures)**

Meaning and Scope of Public Finance; Public Finance versus Private Finance; Market Failure: Public Goods and Private Goods, Externalities, Efficiency versus Equity; Principles of Sound Finance and Functional Finance; Allocation, Distribution, Stabilisation and Growth Functions of the Government

Unit - II Fiscal Policy: Budget and Taxation **(12 Lectures)**

Dalton's and Musgrave Versions of the Law of Maximum Social Advantage; Role of Government in a Modern Economy; Types of Public Budget; Structure of Public Budget; Role of Taxation; Merits and Demerits of Direct and Indirect Tax Policy; Features of Good Tax System; Concept of Impact, Incidence and Shifting of Taxation; Elasticity and Determination of Tax Burden

Unit III Fiscal Policy: Public Expenditure and Debt **(12 Lectures)**

Canons of Public Expenditure; Classification of Public Expenditure; Wagner's Law of Public Expenditure; Public Expenditure as an Instrument of Fiscal Policy; Meaning and Types of Public Debt; Burden of Public Debt; Principles of Public Debt Management; Concepts of Deficits

Unit IV Indian Public Finance **(12 Lectures)**

Budget of The Government of India (Previous Financial Year); Sources of Public Receipts (Tax And Non-Tax, Introduction To GST); Components of Public Expenditure; Sources of Public Borrowing and Debt Liabilities; Deficits; Appraisal of FRBM Act 2004; Fiscal Federalism: Fourteenth Finance Commission Recommendations

References:

1. J. Hindriks, G. Myles, (2006), Intermediate Public Economics, MIT Press.
2. Harvey Rosen, (2005), Public Finance, Seventh Edition, McGraw Hill Publications.

3. KaushikBasu and Maertens (ed), (2013), The New Oxford Companion to Economics in India, Oxford University Press.
4. Sury M.M., (1990), Government Budgeting in India, Commonwealth Publishers.
5. Bhatia H.L., (2012), Public Finance, Vikas Publications.
6. Report of the Fourteenth Finance Commission, Government of India.

SYBA SYLLABUS

CREDIT 03

SOCIOLOGY

(100 Marks) UASOC301

Paper II

SEMESTER III

INDIAN SOCIETY: STRUCTURE AND CHANGE

Course Rationale:

- To Introduce Students to the Indian Sociological Traditions.
- To Familiarise Students with the Research traditions in Indian Sociology
- To Acquaint Students with the Emerging Issues in Indian society

Unit I Indian Sociological Perspectives 12 Lectures

- a. Indology and Structure--functionalism (G. S. Ghurye, M. N. Srinivas)
- b. Dialectical approach to Sociology (A. R. Desai, D.P. Mukerjee)
- c. Non- Brahmanical Approach (Dr.B.R.Ambedkar, Mahatma Phule)

Unit II Contemporary Sociologists (Selected readings) 12 Lectures

- a. Sharmila Rege (Gender)
- b. Leela Dube (Kinship)
- c. T. K. Oommen (Religion)

Unit III Contemporary Challenges in Indian Society 12 Lectures

- a. Strategies of caste mobilisation
- b. Resurgence of Ethnic identities
- c. Gender and Marginalization

Unit IV Socio– Cultural Landscape of Maharashtra 09 Lectures

- a. Regional diversity and communities in Maharashtra
- b. Tourism in Maharashtra – Economy and Society
- c. Food Culture intertwined with different cultural identities

Reading List:

1. Ambedkar, B. R. (2007). "Annihilation of Caste" Critical Quest, New Delhi
2. Arya Priya, (2016). "Ethnicity in Post- Independence India: A Sociological Perspective on Its Causes and Manifestations", IOSR Journal of Humanities and Social Sciences, Vol. 21, Issue 1, Ver. 5: 55-61.
3. Dhanagare, D. N. (1999). "Themes and perspectives in Indian Sociology" Rawat Publications
4. Deshpande, S. (2001). "Contemporary India: Sociological View" Penguin Books India Limited
5. Dsouza, Leela (.2006). "Globalisation, Nationalism and Ethnic Identities: The Future of Nation State" in Sankarama Somayaji and Ganesha Somayaji. (Eds): Sociology of Globalisation: Perspectives from India 69-97 Jaipur: Rawat Publications.
6. Dube, Leela. (2001). "Anthropological Explorations in Gender" Sage publications, New Delhi
7. Guru, Gopal. (1993). "Dalit Movement in Mainstream Sociology" EPW, 28 (14)
8. Guru, Gopal. (2016). "Shifting Categories in the Discourse of Caste and Class" EPW, Vol. 44(14): 10-12
9. Mridul Kumar. (2019). "Reservations of Marathas in Maharashtra" Economic and Political Weekly, Vol. 44 (14): 10-12.
10. Oommen, T. K. (2001) "Religion as a Source of Violence. A Sociological Perspective" The Ecumenial Review. Vol. 53, issue 2, April 2001. PP 168 –179
11. Oommen T. K. (2005) "Crisis and Contention in Indian Society" Sage publications.
12. Omvedt, Gail. (1994). "Dalits and Democratic Revolution" Sage, New Delhi
13. Patel, Sujata. (2011). (Ed) Doing Sociology in India: Genealogies, locations and Practices. New Delhi: Oxford University Press
14. Phadnis, Urmila. (2001). "Ethnicity and Nation Building in South Asia" Sage Publications
15. Rege, Sharmila. (2006). "Writing Caste, Writing Gender: Narrating Dalit Women's Testimonies"Zubaan Publications. New Delhi
16. Teltumbade, Anand. (2016). 'Behind the Ire of Marathas', Economic and Political Weekly, Vol. 51 (40): 10-11.
17. Uberoi, Sundar, Deshpande. (2007) (Ed) Anthropology in the East. Founders of Indian Sociology and Anthropology. New Delhi, Permanent Black
18. Vivek Kumar. (2016). "Caste Contemporaneity and Assertion', Economic and Political Weekly, Vol. 51 (50): 84-86).

SYBA SYLLABUS

CREDIT 03

SOCIOLOGY

(100 Marks) UASOC401

Paper II

SEMESTER IV

SOCIOLOGY OF DEVELOPMENT

Course Rationale:

- To introduce various theoretical perspectives in Indian society that have shaped the concept of development.
- To help students to gain an insight into emerging issues and contemporary debates within the development discourse.

UNIT I Understanding Development 12 Lectures

- a. Meaning of Development and theories of Modernization
- b. Dependency theory
- c. Neo-Liberal Economic approach

UNIT II Measuring Development 12 Lectures

- a. Indicators of Development – Human Development Index (HDI)
- b. Survey and Case Study as Methods of Data Collection
- c. Questionnaire as a Technique of Data Collection

UNIT III Globalization and the Crisis of Development 12 Lectures

- a. Land Displacement
- b. Forest Rights Act 2006 and its impact on the tribal community
- c. Resistance Movements –
 - i) Delhi Mumbai Industrial Corridor (DMIC)
 - ii) Jaitapur (Nuclear power)
 - iii) Raigad & Gorai (SEZs)
 - iv) Water Rights (Sangli)

(Focus on farmers and fisher folk)

UNIT IV Alternative approaches to Development 09 Lectures

- a. Sustainable Development – Eco-Friendly practices, Organic Farming, Ankoli in Solapur
- b. People - Centric Development –Menda Lekha, Gadchiroli
- c. ‘Adarsh Gaon’ – Hiware Bazaar, Ahmednagar

Reading List:

1. Ahmed, Kundu et al (ed), (2010) India’s New Economic Policy: A Critical Analysis, New York: Routledge
2. Arundhati Roy Choudhury, (2000) Amusement Parks versus People's Livelihood, EPW, Vol. 35, Sept. 9-15
3. Banerjee Swapna, (2011) Contradictions of ‘development’ in contemporary India, Open Democracy
4. Bryan Alan, (2012) Social research methods, Oxford Publication
5. Bokil Milind, Goshta Mendha Gavachi, Mauj Prakashan
बोकिल मिलिंद गोष्ट मॅढा गावाची, मौज प्रकाशन
6. Bokil Milind, Sahitya, Bhasha v samaj, Mauj Prakashan
बोकिल मिलिंद साहित्य, भाषा व समाज, मौज प्रकाशन
7. Bidwai Praful, 19 Feb, 2011, People v/s Nuclear Power in Jaitapur, Maharashtra, EPW, Vol. 46
8. Collective water management through water banks, July 2010, Clean India Journal
9. Dias Anthony, (2012) Development and its human cost, Rawat publication
10. Deshpande M G, 2007. The nature of ecological problems, Environmental changes and natural disasters, Md. Babar, New India Publication
11. Devale Kaustubh and Paranjape Suhas, Pani Sang harsh Chalwal,
www.waterconflictforum.org
12. Giddens Anthony, 2000, Runaway world: How globalization is reshaping our lives
Routledge, New York
13. Hiware Bazaar – Dec 22, 2010, Model village for the nation, The Better India
14. India HDR: (2011) Towards social exclusion, Oxford Publication
15. Jogdand P G & Michael S M (2003), Globalization and social movements, Rawat Publication

16. Munshi Indra, (2012) The Adivasi Question – Issues of land, Forests & livelihood, Orient Black swan
17. Neeraj, (2013) Globalization or Re-colonization, Lokayat Publication
18. Padel, Felix and Das Samarendra (2010), Out of This Earth. East India: Adivasis and the Aluminium Cartel, New Delhi: Orient Black swan
19. www.payog.org –Arun Deshpande, Development of Ankoli village, Solapur

SYBA SYLLABUS

CREDIT 03

SOCIOLOGY

(100 Marks) UASOC302

Paper III

SEMESTER III

CONTEMPORARY ISSUES IN INDIAN SOCIETY

Course Rationale:

- To bring awareness and sensitivity among the students towards contemporary issues.
- To inculcate responsibilities and promote equality.

UNIT I DEMOGRAPHY

12 Lectures

- a. Nature, Scope and Significance
- b. Fertility, Mortality, Nuptiality (Concept and factors)
- c. Declining Sex Ratio (Causes and Measures)

UNIT II MIGRATION

12 Lectures

- a. Definition Meaning and Characteristics
- b. The Right to the City- Henry Lefebvre
- c. Patterns of Migration: Case study of Mumbai

UNIT III HEALTH

12 Lectures

- a. Right to Health Care (Women and Children)
- b. Disability Rights Act 2016 (Differently abled)
- c. Surrogacy and Politics of Reproduction

UNIT IV CRIME AND JUSTICE

09 Lectures

- a. Overview of the Criminal Justice System in India: Police, Courts and Law
- b. Rights and Duties of the People
- c. Need for reforms in the Criminal Justice System

Reading List:

1. Asha A Bhende, Tara Kaniitkar (2014). Principles of Population. Himalaya Publishing House. Mumbai
2. Bhagat, R. Jones, G. (2013). Population Change and Migration in Mumbai Metropolitan Region: Implications for Planning and Governance. Asia Research Institute. National University of Singapore.
3. Dabir Bharti, The Constitution and criminal justice Administration. APH Publishing Corporation. New Delhi.
4. Desai, M Mahabal, K. (2007). Health Care Case Law in India CEHAT. ICHRL
5. Government of India Ministry of Human Affairs Report Vol I. (2003) Committee on Reforms Criminal justice System. India
6. Raj, H. (1998). Population Studies .Surjeet Publication .Delhi.
7. South Asia Human Rights Documentation Centre. (2006). Handbook of Human rights and criminal justice in India. The system and procedure. New Delhi: OUP.
8. Vibhute, K.I. (2004). Criminal Justice: A human rights perspective of the criminal justice process in India. ISBN
9. WHO. The Right to Health.

Journals:

1. Ethical Issues in Assisted Reproductive Technologies -Social Medicine-Volume6, Number3, March 2012.
2. Journal of Medical Ethics, 1983, 9,192-195
3. The Surrogacy (Regulation) BILL, 2014

SYBA SYLLABUS

CREDIT 03

SOCIOLOGY

(100 Marks) UASOC402

Paper III

SEMESTER IV

EMERGING FIELDS IN SOCIOLOGY

Course Rationale:

- To introduce students to the relevance and varied possibilities for future studies in sociology.
- It make's students aware about the new vibrant fields in sociology.
- To provide students with an in-depth understanding of struggle and survival in today's competitive scenario.

UNIT I JOURNALISM

12 Lectures

- a. Journalism Studies: An Overview
- b. Journalists as Gatekeepers- Ethics in Journalism
- c. Women Journalists

UNIT II WOMEN ENTREPRENEURSHIP 12 Lectures

- a. Meaning of Entrepreneurship, Role and Attributes of an Entrepreneur
- b. Women in different fields as entrepreneurs at the grass root level: Business, Food
- c. Challenges and Opportunities

UNIT III URBAN GOVERNANCE

12 Lectures

- a. Plan and Growth of Smart Cities-Critique
Case Study (Kochi) Kerala, (Jaipur) Rajasthan
- b. Lack of availability of Open Spaces
- c. Street Vendors and Hawkers- The Street Vendors Act 2014

UNIT IV GERIATRIC CARE

09 Lectures

- a. Phenomenon of Population Ageing
- b. Old Age Home, Senior Citizens Association, Day Care Center
- c. Geriatric Care: Government and non-governmental initiatives in India

Reading List:

1. Bhaskaran, N. (Ed). (2009). Vision Juhu-Expanding Public Spaces in Mumbai. Synergy Creations. Mumbai
2. Chakraborti, Rajgopal D. (2004). The Greying of India Population Ageing in the context of Asia. Sage publications. New Delhi
3. Dandekar, K. (1996). The Elderly in India. Sage Publications
4. Government of India Ministry of Urban Development. (2015 Smart Cities-Mission Statement and Guidelines
5. Karin Wahl-Jorgensen, Thomas Hanitzsh. (2009) Handbook of Journalism. Routledge. New York
6. Liebig, Phoebe and Rajan, Irudaya, (Ed) (2005). An Ageing India: Perspectives, Prospects and Policies. Rawat Publications
7. Phoebe S. Leibig, S. Irudaya Rajan. (2005). An Aging India: Perspectives, Prospects and Policies. Rawat Publications.
8. Ramamurti, Jamuna D. (Ed) (2004). Handbook of Indian Gerontology. Serial Publications
9. Tendulkar, A. (Ed) (2016). Handbook for Senior Citizens. YCPA. Mumbai. Anokhi Publications.
10. Victor, Christina. (2005). The Social Context of Ageing. Routledge.

Journals:

1. Challenges and Opportunities for Women Entrepreneurship in India under Globalization.- OSR Journal of Business and Management Vol 5, Issue 2 Sept-Oct 2012, PP29-35.
2. Role of Women Entrepreneurship in Indian Economy, International Journal of Science Technology and Management Vol.No.03, March 2016.
2. Social Scientist Volume 44 May –June 2016

UNIVERSITY OF MUMBAI

No. UG/299 of 2017-18

Circular:-

The Principals of the Affiliated Colleges in Arts and the Heads University Departments and the Professors-cum-Director, Institute of Distance and Open Learning (IDOL) are hereby informed that the recommendations made by the Board of Studies in Psychology at its meeting held on 15th March, 2017 have been accepted by the Academic Council at its meeting held on 11th May, 2017 **vide** item No. 4.4 and that in accordance therewith, the revised syllabus as per the (CBCS) of S.Y.B.A. Social Psychology –Part I (Sem.III) and Part II (Sem.IV), Development Psychology – Part I (Sem III) and Part II (Sem IV), General Applied Component Option A Health Psychology – Part I (Sem.III) and Part II (Sem.IV), Option B Psychology of Adjustment – Part I (Sem.III) and Part II (Sem.IV), Option C Stress Management – Part I (Sem.III) and Part II (Sem IV) (CBCS) (Sem – I to IV) and the same has been brought into force with effect from the academic year 2017-18, accordingly. (The same is available on the University's web site (www.mu.ac.in)).

MUMBAI – 400 032
7th November, 2017


(Dr. Dinesh Kamble)
I/c REGISTRAR

To,

The Principals of the Affiliated Colleges in Arts and the Heads University Departments and the Professors-cum-Director, Institute of Distance and Open Learning (IDOL).

A.C/4.4/11.05.2017

No. UG/299 -A of 2017

MUMBAI-400 032 7th November , 2017

Copy forwarded with Compliments for information to:-

- 1.The Co-ordinator, Faculty of Humanities.
- 2.The Offg.Director, Board of Examinations and Evaluation,
- 3.The Director, Board of Students Development.,
- 4.The Co-Ordinator, University Computerization Centre,


(Dr. Dinesh Kamble)
I/c REGISTRAR

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)
S.Y.B.A. **Social Psychology** Syllabi to be implemented from the Academic year
2017-2018

Code	Semester	Course Title	Credits	Marks
UAPS301	3	Social Psychology: Part I	3	100
UAPS401	4	Social Psychology: Part II	3	100

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Social Psychology
2. To foster interest in Social Psychology as a field of study and research
3. To make the students aware of the applications of the various concepts in Social Psychology in the Indian context

Semester III Social Psychology: Part I

3 lectures per week

Unit 1: Social Psychology - The Science of the Social Side of Life

- a) Social psychology: an overview; advances at the boundaries
- b) How social psychologists answer the questions they ask: research as the route to increased knowledge; the role of theory in social psychology
- c) The quest for knowledge and rights of individuals: in search of an appropriate balance

Unit 2: Social Cognition – How we think about the social world

- a) Heuristics: how we reduce our effort in social cognition
- b) Schemas: mental frameworks for organizing social information
- c) Automatic and controlled processing: two basic modes of social thought
- d) Potential sources of error in social cognition
- e) Affect and cognition

Unit 3: Social Perception – Perceiving and Understanding Others

- a) Nonverbal communication: the unspoken language of expressions, gazes gestures and scents
- b) Attribution: understanding the causes of others' behaviour
- c) Impression formation and impression management: combining information about others

Unit 4: Attitudes - Evaluating and Responding to the Social World

- a) Attitude formation: how attitudes develop
- b) When and why do attitudes influence behaviour? How do attitudes guide behaviour?
- d) The fine art of persuasion: how attitudes are changed; Resisting persuasion attempts
- f) Cognitive dissonance: what it is and how do we manage it?

Semester IV Social Psychology: Part II

3 lectures per week

Unit 1: The Causes, Effects, and Cures of Stereotyping, Prejudice, and Discrimination

- a) How members of different groups perceive inequality
- b) The nature and origins of stereotyping
- c) Prejudice: feelings toward social groups; Discrimination: prejudice in action

e) Why prejudice is not inevitable: techniques for countering its effects

Unit 2: Social Influence - Changing Others' Behaviour

- a) Conformity: Group Influence in Action
- b) Compliance: To Ask – Sometimes - Is to Receive
- c) Symbolic social influence
- d) Obedience to Authority

Unit 3: Aggression - Its Nature, Causes, and Control

- a) Perspectives on aggression: in search of the roots of violence
- b) Causes of human aggression: social, cultural, personal, and situational
- c) Bullying: singling out others for repeated abuse
- d) The prevention and control of violence: some useful techniques

Unit 4: Groups and Individuals - The Consequences of Belonging

- a) Groups: when we join and when we leave
- b) Effects of the presence of others: from task performance to behaviour in crowds
- c) Coordination in groups: cooperation or conflict?
- d) Perceived fairness in groups: its nature and effects
- e) Decision making by groups: how it occurs, the pitfalls it faces, the downside of group decision making
- f) The role of leadership in group settings

Book for Study:

Baron, R. A., & Branscombe, N. R. (2012). Social Psychology. (13th ed.). New Delhi: Pearson Education; Indian reprint 2014

Books for Reference

- 1) Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education Prentice Hall
- 2) Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, G. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian adaptation 2009
- 3) Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
- 4) Delamater, J. D., & Myers, D. J. (2007). Social Psychology. (6th edi.), Thomson Wadsworth International student edition, USA
- 5) Franzoi, S. L. (2003). Social Psychology. (3rd ed.). New York: McGraw Hill co.
- 6) Kenrick, D. T., Newberg, S. L., & Cialdini, R. B. (2007). Social Psychology: Goals in Interaction. (4th edi.). Pearson Education Allyn and Bacon, Boston
- 7) Mercer, J. & Clayton, D. (2014). Social Psychology. New Delhi: Dorling Kindersley India pvt ltd.
- 8) Taylor, S. E., Peplau, L. A., & Sears, D. O. (2006). Social Psychology. (12th edi.). New Delhi: Pearson Education

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

S.Y.B.A. **Developmental Psychology** Syllabi

To be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPS302	3	Developmental Psychology: Part I	3	100
UAPS402	4	Developmental Psychology:Part II	3	100

Objectives: -

1. To impart knowledge and understanding of the basic concepts, principles, perspectives and modern trends in Developmental Psychology
2. To foster interest in Developmental Psychology as a field of study and research
3. To make the students aware of the implications and applications of the various concepts, principles and theories of Developmental Psychology in daily life in the Indian context

Semester III Developmental Psychology: Part I

3 lectures per week

Unit 1. An Introduction to Lifespan Development

- a) An orientation to lifespan development
- b) Key issues and questions: determining the nature and nurture of lifespan development
- c) Theoretical perspectives on lifespan development
- d) Research methods

Unit 2. The Start of Life: Prenatal Development, Birth and the Newborn Infant

- a) Earliest development, the interaction of heredity and environment, prenatal growth and change
- b) Birth, birth complications, the competent newborn

Unit 3. Physical Development in Infancy

- a) Growth and stability
- b) Motor development
- c) The development of the senses

Unit 4. Cognitive Development in Infancy

- a) Piaget's Approach to Cognitive Development
- b) Information Processing Approaches to Cognitive Development
- c) The Roots of Language

Semester IV Developmental Psychology: Part II

3 lectures per week

Unit 1. Physical and Cognitive Development in the Preschool Years

- a) Physical growth - the growing body, the growing brain, motor development
- b) Intellectual development
- c) The growth of language and learning

Unit 2. Social and Personality Development in Pre-school years

- a) Forming a sense of self
- b) Friends and family: preschoolers' social lives
- c) Moral development and aggression

Unit 3. Physical and Cognitive Development in Middle Childhood

- a) Physical Development
- b) Intellectual development
- c) Schooling: The Three Rs (and More) of Middle Childhood

Unit 4. Social and Personality Development in Middle Childhood

- a) The developing self
- b) Relationships: Building friendship in middle childhood
- c) Family and school: shaping children's behaviour in middle childhood

Book for study

**Feldman, R. S. (2014). Development across the Life Span. (7th Ed).
New Jersey: Pearson Education**

Books for reference

- 1) Berk, L. E. (2006). Child Development. (7th Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 2) Berk, L. E. (2004). Development through the lifespan. (3rd Ed). New Delhi: Pearson Education Dorling Kindersley India pvt ltd.
- 3) Cook, J. L., & Cook, G. (2009). Child Development: Principles and Perspectives. Boston: Pearson Education
- 4) Crandell, T. L., Crandell, C. H., & Zanden, J. W. V. (2009). Human Development. (9th Ed). New York: McGraw Hill co. Inc.
- 5) Dacey, J. S. & Travers, J. F. (2004). Human Development across the lifespan. (5th Ed). McGraw Hill co.
- 6) Feldman, R. S., & Babu, N. (2011). Discovering the Life Span. Indian subcontinent adaptation, New Delhi: Dorling Kindersley India pvt ltd.
- 7) Kail, R. V. (2007). Children and their Development. (4th Ed). New Jersey: Pearson Education Inc.
- 8) McDevitt, T. M., & Omrod, J. E. (2007). Child Development and Education. (3rd Ed). New Jersey: Pearson Education Inc.
- 9) Papalia, D. E., Olds, S. W., & Feldman, R. (2012). Human Development. (12th Ed). McGraw Hill, international Edition
- 10) Shaffer, D. R., & Kipp, K. (2007). Developmental Psychology: Childhood and Adolescence. (7th Ed). Thomson Learning, Indian reprint 2007

Important Note - In view of today's increased multiculturalism, socio-cultural dimensions of all units should be taught and discussed with respect to relevance/ applications/ implications in the Indian context.

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)
General Applied Component at S.Y.B.A. Option A - **Health Psychology**
Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAHP3A1	3	Health Psychology: Part I	2	100
UAHP4A1	4	Health Psychology:Part II	2	100

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Health Psychology
2. To foster interest in Health Psychology as a field of study and research
3. To make the students aware of the practical applications of the various concepts in Health Psychology in the Indian context

Semester III - Health Psychology Part I

4 lectures per week

Unit 1. What Is Health Psychology and its Challenges for the Future

- a) Definition of health psychology, the mind-body relationship, the biopsychosocial model in health psychology, the need for health psychology, what is health psychology training for?
- b) Health Promotion, Stress and its management, health services, Management of serious illness, Trends in health and health psychology, becoming a health psychologist

Unit 2. Health Behaviours

- a) Health promotion - an overview, an introduction to health behaviours, changing health habits, cognitive-behavioural approaches to health behaviour change, the transtheoretical model of behaviour change
- b) Changing health behaviors through social engineering, venues for health-habit modification

Unit 3. Stress

- a) What is stress, theoretical contributions to the study of stress
- b) What makes events stressful, how stress has been studied, sources of chronic stress

Unit 4. The Management of Pain and Discomfort

- a) The significance of pain, elusive nature of pain, clinical issues in pain management, pain control techniques
- b) Management of chronic pain – pain management programs, placebo as healer

Semester IV - Health Psychology Part II

4 lectures per week

Unit 1. Management of Chronic Illness

- a) Quality of life, emotional responses to chronic illness, personal issues in chronic disease,
- b) Coping with chronic illness, co-management of chronic illness, Psychological interventions and chronic illness

Unit 2. Psychological Issues in Advancing and Terminal Illness

- a) Death across the life span, psychological issues in advancing illness; are there stages in adjustment to dying?
- b) Psychological management of the terminally ill, alternatives to hospital care for the terminally ill, problems of survivors

Unit 3. Heart Disease, Hypertension, Stroke and Type II Diabetes

- a) Coronary heart disease, Hypertension
- b) Stroke, Type II Diabetes

Unit 4. Psychoneuroimmunology, AIDS, Cancer and Arthritis

- a) Psychoneuroimmunology, HIV infection and AIDS
- b) Cancer, Arthritis, Type I Diabetes.

Book for Study -

Taylor, Shelley E. (2012). Health Psychology (8th Ed). McGraw Hill Higher Education. International Edition

Books for reference

- 1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
- 2) Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- 3) Brannon, L. & Feist, J. (2007). Introduction to Health Psychology. New Delhi: Wadsworth Thomson Learning. First Indian reprint 2007
- 4) Dimatteo, M. R. & Martin, L. R. (2002). Health Psychology. Pearson Education; Indian reprint 2007
- 5) Greenberg, J. S. (2013). Comprehensive Stress Management. (13th ed). New York: McGraw Hill publications
- 6) Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
- 7) Khatoon, N. (2012). Health Psychology. New Delhi: Dorling Kindersley India pvt ltd
- 8) Marks, D. F., Murray M., Evans, B., Willig C., Woodall, C., & Sykes, C. M. (2005). Health Psychology: Theory, Research and Practice. (2nd ed.), New Delhi, Sage Publications India Pvt. Ltd, Sage South Asia edition 2008
- 9) Ogden, J. (2007). Health Psychology: A Textbook. (4th ed.), Open University Press, McGraw Hill
- 10) Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

General Applied Component at S.Y.B.A. Option B – **Psychology of Adjustment**

Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UAPA3A1	3	Psychology of Adjustment: Part I	2	100
UAPA4A1	4	Psychology of Adjustment:Part II	2	100

Objectives: -

1. To impart knowledge of the basic concepts and modern trends in Psychology of Adjustment
2. To foster interest in Psychology of Adjustment as a field of study and research

3. To make the students aware of the practical applications of the various concepts in Psychology of Adjustment in the Indian context

Semester III - Psychology of Adjustment: Part I

4 lectures per week

Unit 1. Self-direction in a changing world and seeking selfhood

- a) Social change, the challenge of self-direction, themes of personal growth
- b) What is self-concept; the components of self-concept, core characteristics of self-concept, the Self-concept and personal growth

Unit 2. Towards better health

- a) Body image; Health and the mind–body relationship
- b) Coping with illness; Promoting wellness

Unit 3. Taking charge and Managing motives and emotions

- a) Personal control, decision making, decisions and personal growth
- b) Understanding motivation; Understanding emotions

Unit 4. Sexuality, Love and commitment

- a) Sexuality and shared partnerships, sexual responsiveness, sexual orientation, practical issues
- b) Love is a many splendored (and defined) thing, finding love, marriage and other committed relationships, adjusting to intimate relationships, divorce and its consequences

Semester IV - Psychology of Adjustment: Part II

4 lectures per week

Unit 1. Stress

- a) Understanding stress; reactions to stress
- b) Managing stress

Unit 2. Understanding mental disorders

- a) Psychological disorders; Anxiety disorders
- b) Mood disorders; Other disorders

Unit 3. Therapy and Treatment

- a) Psychotherapy: what it is and who uses it
- b) Insight therapies; Cognitive and behavioural therapies
- c) Other approaches to treatment; How well does therapy work

Unit 4. : Death, Dying, and Grief

- a) Death and Dying
- b) Life and Death in Perspective
- c) Bereavement and Grief

Book for Study

Kirsh, S.J., Duffy, K.G., & Atwater, E. (2014). Psychology for Living – Adjustment, Growth, and Behaviour Today. (11th ed.). New Jersey: Pearson

Books for reference

1. Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
2. Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
3. Baumgardner, S. & Crothers, M. (2009). *Positive Psychology*. Pearson Education
4. Brannon, L. & Feist J. (2007). *Introduction to Health Psychology*. Thomson Wadworth. New Delhi: Indian edition
5. Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8th ed.). New Delhi: Pearson, Indian reprint 2008
6. Greenberg, J. S. (2008). Comprehensive Stress Management. (10th ed). McGraw Hill publications
7. Hariharan, M., & Rath, R. (2008). Coping with Life Stress: The Indian Experience. New Delhi: Sage publications India pvt ltd
8. Schafer, W. (2002). Stress Management. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
9. Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology – The scientific and practical explorations of human strengths. New Delhi: Sage publications India pvt ltd, South Asia edition
10. Taylor S. E. (2003). Health Psychology (5th ed). McGraw Hill Higher Education. International Edition.
11. Weiten, W. & Lloyd, M.A. (2006). Psychology Applied to Modern Life - Adjustment in the 21st century. (8th ed.) Cengage Learning India
12. Wilson, E. (2007). Stress Proof Your Life: 52 Brilliant Ideas for Taking Control. New Delhi: Pearson Power

Programme – Bachelor of Arts (B. A.) Credit Based Choice System (CBCS)

S.Y.B.A. General Applied Component Option C - **Stress Management**

Syllabi to be implemented from the Academic year 2017-2018

Code	Semester	Course Title	Credits	Marks
UASM3A1	3	Stress Management: Part I	2	100
UASM4A1	4	Stress Management: Part II	2	100

Objectives: -

1. To impart knowledge and understanding of the basic concepts and modern trends in Stress Management
2. To foster interest in Stress Management as a field of study and research

3. To make the students aware of the practical applications of the various concepts in Stress Management in daily life, in the Indian context

Semester III Stress Management Part I

4 lectures per week

Unit 1. Stress and Stress Psychophysiology

- a) The pioneers, stress theory, the stressor, stress reactivity, a definition of stress, stress management goals
- B) Stress psychophysiology: the brain, endocrine system, autonomic nervous system, cardiovascular system, gastrointestinal system, muscles and skin, symptoms and stress

Unit 2. Stress and Illness/Disease, and Intervention

- a) Hot reactors, psychosomatic disease, stress and the immunological system, stress and serum cholesterol, specific conditions, post-traumatic stress disorder, stress and other conditions
- b) Intervention – coping with a stressor, a model of stress, setting up roadblocks, comprehensive stress management, eustress and the model, taking control and making a commitment

Unit 3. Intrapersonal and Interpersonal Life-Situation Interventions

- a) Intrapersonal Interventions: – Eliminating unnecessary stressors, nutrition and stress, noise and stress, life events and stress, hassles and chronic stress, success analysis
- b) Interpersonal Interventions – asserting oneself, conflict resolution, communication, emotional intelligence, technostress, time management, social support networking

Unit 4. Perception Interventions

- a) Selective awareness, stop to smell the roses, perspective and selective awareness, an attitude of gratitude, humour and stress
- b) Type A behaviour pattern, self-esteem, locus of control, anxiety management, resiliency, hardiness

Semester IV. Stress Management: Part II (Credits = 2)

4 lectures per week

Unit 1. Relaxation Techniques

- a) Meditation
- b) Autogenic training, imagery and progressive relaxation
- c) Biofeedback and other relaxation techniques

Unit 2. Exercise and Strategies for decreasing stressful behaviours

- a) Physiological arousal interventions: Exercise and health, the healthy way to exercise, principles of exercise, assessing cardio-respiratory fitness, starting an exercise program, choosing an exercise program, exercise and the elderly, exercise – keep it going
- b) Strategies for decreasing stressful behaviours - Health and lifestyle behaviours, health-behaviour assessment, selected lifestyle behaviours, barriers to action, locus of control, various methods for decreasing stressful behaviours, application of behaviour change techniques, behaviour change theories and stress

Unit 3. Occupational Stress

- a) What is Occupational Stress, occupational stress cycle, why is occupational stress of concern, gender and occupational stress, disease and occupational stress
- b) Occupational stressors, the workaholic, burnout, women and work outside the home, working in the home, interventions, managing occupational stress

Unit 4. Family Stress

- a) The family, marriage, cohabitation, divorce, single-parent families, gay and lesbian families
- b) Family stressors, a model of family stress, interventions

Book for Study

Greenberg, J. S. (2013). *Comprehensive Stress Management*. (13th ed). New York: McGraw Hill publications

Books for Reference

- 1) Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). *Stress Mastery: The Art of Coping Gracefully*. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
- 2) Bam, B. P. (2008). *Winning Habits: Techniques for Excellence in Sports*. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- 3) Hariharan, M., & Rath, R. (2008). *Coping with Life Stress: The Indian Experience*. New Delhi: Sage publications India pvt ltd
- 4) Rice, P.L. (1999). *Stress and Health*. (3rd ed). Brooks/Cole publishing co.
- 5) Schafer, W. (2002). *Stress Management*. (4th ed). New Delhi: Wadsworth Cengage Learning India pvt ltd; first Indian reprint 2008
- 7) Wilson, E. (2007). *Stress Proof Your Life: 52 Brilliant Ideas for Taking Control*. New Delhi: Pearson Power