



MIT-ADT UNIVERSITY

PUNE, INDIA

A Leap Towards World Class Education

School of Vedic Sciences

Syllabus

For

Bachelor of Science (Honors) Psychology (B.Sc (Hons) Psychology)

(As per the guidelines National Education Policy 2020)

Prepared in 2025

(With Effect from Academic Year 2025-26)

FACULTY OF HUMANITIES & SOCIAL SCIENCES

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Nomenclature of the Program: Bachelor of Science
Program Code: Bachelor of Science (BSVH)

Background & Preface of the Program:

At MIT School of Vedic Sciences the Department of Psychology had been offering the BSc Integral Psychology program since 2018. The program had incorporated elements of the National Education Policy (NEP) long before it was presented by the UGC through its focus on integrating multidisciplinary, holistic education rooted in the ancient knowledge systems and traditions with contemporary psychology.

With the aim of incorporating the spirit of the National Education Policy (NEP) 2020, the Department is introducing the BSc Psychology Honors (4 year) Program in the year 2023. The new program has a multidisciplinary focus with the open elective subjects from other disciplines as well as the option to obtain a minor degree from a different discipline. The program also aims to make education flexible through the option of multiple entries and exits. The curriculum has been designed with added focus on skill enhancement, professional development, ethical and moral development, inclusivity of gender and environmental sensitivity and life skills.

As the program is offered under the School of Vedic Sciences special focus and consideration has been given to the incorporation of Indian Knowledge System, Indian languages, respect for diversity and respect for local & national context in the curriculum.

The program aims to equip the students with practical knowledge through its focus on hands-on training, professional skills development, critical thinking skills, value added courses, courses incorporating current trends of the field, internship opportunities and community engagement.

Aims of Bachelor's Degree Program (Honors) in Psychology

1. Offering learning opportunities to orient the students towards scientific and humanistic study of the complexities of human mind and behaviour.
2. Imparting knowledge of basic psychological concepts and methods, and developing the ability to appreciate the challenges in field settings.
3. Introduce holistic and multidisciplinary education for enhanced learning experience.
4. Help shaping cognitive, affective and behavioural abilities of students for building responsible psychology professionals and researchers.
5. Facilitating acquisition of basic skills in major areas of application (e.g. psychological testing, experimentation, counselling, interviewing, developing psychological tools, behaviour modification & other psychotherapeutic approaches , data analysis, report writing, etc.)
6. Offering a flexible approach to education and learning.
7. Promoting self-understanding, reflexivity and personal growth.

8. Developing a strong sense of ethical and moral aptness in general and in the context of learning and its assessment in particular.
9. Helping students master the basic reflective, analytical, scientific writing, computational and communicative competencies.
10. Developing respect for social diversity and increasing social and cultural relevance of learning.

Graduate Attributes:

These graduate attributes are not a list of skills to be mastered; rather, they encapsulate for both students and the wider community the defining characteristics of a BSc (Hons) Psychology graduate from the School of Vedic Sciences, MIT ADT University. Graduate attributes describe a set of characteristics that are designed to be transferable beyond the disciplinary context in which they have been developed. While graduate attributes are fostered in the context of the curriculum, they are also developed within the total university experience as they encourage students to reflect on the broader purpose of their university education.

A graduate of BSc (Honors) Psychology will demonstrate:

1. ***Knowledge of core psychological concepts and theories:*** Ability to understand major concepts, theories, principles, perspectives, historical roots

and empirical findings. This makes students theoretically informed and insightful about one's own and others' behaviours and mental processes.

2. **Multidisciplinary approach:** Ability to incorporate a multidisciplinary lens with a broader understanding beyond the discipline of psychology and the capacity to apply various lenses to subject matter.
3. **Skill Development:** A fair degree of understanding of concepts and principles would prepare for applications to individual level behavioural problems, and problems of society at large. Individual assessment (differentiating individuals on the basis of personality traits, aptitudes, values, abilities etc.), counselling and building human strengths are the major skills that a psychologist initially needs to acquire.
4. **Scientific temper and critical thinking.** An attitude of scientific inquiry and critical thinking, ability to plan, design and conduct research, analyse data and interpret them and behaviour is must for psychology graduates. To this end, procedural knowledge of psychological testing, basic data analytic methods, field observation, group activities, planning and conducting simple experiments, and data analysis are required. Such an orientation would enhance students' job potential.
5. **Sensitivity towards Social and Cross-cultural diversity:** Demonstrate an ability to incorporate sociocultural factors in scientific inquiry, so as to conduct contextually sensitive research that may bridge the research and practice divide. This also requires cross-cultural understanding of psychological

phenomena and an ability to view things from an international/global perspective as well as awareness of indigenous Indian perspectives.

6. ***Self-reflection and personal growth***: Becoming aware of one's strengths and weaknesses, figuring out one's self and identity, relating with self and world of social relationships, capabilities and ways to organize everyday life and relationships in such a way that the level of subjective well being increases. A person shall also have insight into the trajectories of life and plan so as to move further in the desired direction.
7. ***Communication and Empathy*** : Acquiring the skill to present oneself effectively to others, effectively communicating the intentions and displaying them with the help of pertinent cues. Exploring the world of marginalized people with empathy, compassion and concern, also an understanding of social injustice and striving for justice, appreciation of others.
8. ***Ethics***. As a learner one has to resist the temptations to indulge in various malpractices and stand by the moral and ethical practices in academic life particularly during evaluation and assessment. In particular, awareness of intellectual property rights and issues of plagiarism are necessary.
9. ***Life-long Learning***: Ability to appreciate and understand the importance of lifelong learning and "learning how to learn". The graduate, through self paced and self directed learning aims for personal development as well as for the development of the nation. They will adapt to the relevant and contemporary sociocultural context and demands of the society and workplace.

School of Vedic Sciences

Program Outcomes:

An undergraduate student of the Bachelor's Science Degree (Hons) in Psychology should be able to demonstrate, on the completion of the degree, the following program learning outcomes:

Program Outcomes	Relevant to Local National / Regional / Global needs
PO1: Demonstrate in-depth knowledge and understanding about the fundamentals, concepts, principles, and theories of Psychology and other selected disciplines, their link with related fields of study and current and emerging trends in the discipline/interdisciplinary areas of learning .	Global
PO2: Apply one's knowledge and understanding relating to Psychology and chosen specialization to unfamiliar situations and identify and analyze problems and seek solutions to real-life problems.	National / Global
PO3: Demonstrate skills in conducting experiments and psychological tests, conducting case history and preparing reports, analysis, and interpretation using the appropriate methodology to formulate a discussion report with supporting evidence.	Global
PO4: Demonstrate skills in formulating and articulating research questions, collection of relevant data, analysis, and interpretation of data using appropriate statistical tools and articulate the findings authentically and effectively.	Global
PO5: Develop positive attributes essential to psychology, such as empathy, compassion, social participation, and an ability to tolerate different perspectives.	Global
PO6: Use knowledge, understanding, and skills for critical thinking, and to relate and connect concepts to personal experiences and the ability to deal with conflicting theories and approaches, learn to withstand ambiguities, and understand the limitations of the disciplines	Global
PO7: Demonstrate personal competence through self-development, self-regulation skills, and conversational	Global

skills such as listening, speaking, and observation skills, and an ability to work independently and in groups.	
PO8: Demonstrate moral and ethical awareness and reasoning involving objective and unbiased work attitude, avoiding unethical behaviors such as data fabrication and plagiarism, observing code of conduct, respecting intellectual property rights, and being aware of the implications and ethical concerns of research studies.	Global
PO9: Demonstrate social competencies by analyzing social problems, participation in community engagement, effectively engage with multicultural groups and promote sustainable development	National
PO10: Demonstrate the acquisition of knowledge pertaining to the Indian Knowledge Systems and values such as constitutional, humanistic, righteous conduct, truth, tolerance and inclusivity.	National

Unique Features of the B.Sc (Hons) Psychology Program at School of Vedic Sciences

- Choice of Multidisciplinary courses from disciplines like Vedic Sciences, Design, Film & Television, Management, Education, English, Journalism, Engineering, Fine Arts among others
- Focus on practical competencies with 20 credits allotted for Lab work
- Ensuring holistic development by offering courses related to health practices, cultural arts, performing arts, modern Indian and foreign languages like German, Spanish, Japanese and French
- Professional development courses offered to equip students with communication skills, soft skills, leadership skills and specialization specific competencies
- Opportunity to learn contemporary applications of Psychology through electives like Health, School, Environmental, Forensic, Cyber and Sports Psychology.
- Preparing students for actual work situations through internships, field projects, industry visits and community engagement

Features implemented on the basis of National Education policy:

Multiple Entry and Exit Option -

- Entry at First Year to the students having 10+2 education from any recognized board.
- Lateral Entry at subsequent years for the students having completed courses credits from any recognized University with psychology subjects + entrance examination or prerequisite bridge course if no psychology subjects covered
- Exit after 1 year with Certificate in Psychology - 42 credits + 4 Vocational Credits
- Exit after 2 years with Diploma in Psychology - 86 credits + 4 Vocational Credits
- Exit after 3 years with Bachelor's in Psychology Degree - 130 credits
- Exit after 4 years with Bachelor's in Psychology Honours Degree - 172 credits

Multidisciplinary Education

- Minor in Disciplines like Indian Mind Sciences, Management, Education, English among others
- Open electives from multiple disciplines like Design, Literature, Advertising, Film & Television, Journalism among many others

Flexibility

- Flexible entry and exit options
- Flexible learning options through incorporation of hybrid modes of teaching and assessment
- Flexible movement to other institutions and option to acquire credits from various institutions through the implementation of Academic Bank of Credits

Some additional Features

- All the subjects are with research or skill component
- Ability Enhancement Courses covering language and communication skills
- Skill Enhancement Courses - practical and experiential learning
- Internship Credits
- Value Based Courses - aim at developing human and ethical values
- Scope to apply for Ph.D. and M.A Clinical Psychology. after 4 years degree with Hons in Research or to apply abroad with 12 + 4 years of education criteria met

Eligibility:

Students who have passed 10+2/12th/HSc examination or an equivalent examination recognised by Government competent authority with an aggregate of 50% general category (5% relaxation in case of backward class categories and person with disability candidates belonging to Maharashtra State only)

For Lateral Entry:

Students who have been enrolled in a degree program with equivalent credits of Psychology subjects and based on their scores in an entrance examination.

Duration: 4 years - Full time

Pattern: Semester

Minimum & Maximum Age Limit: No bar

Potential Scope after completion of the program:

Candidates after completing the course in Bachelor (Hons) Psychology will be able to:

- Apply for higher education and be eligible to obtain a masters in specialized fields of psychology. For students with B.Sc. Psychology Hons degree, direct admission into 1 year Master's program.
- Work or intern under a Counselling/Clinical/Industrial Psychologist, but it must be noted that a B.Sc. Psychology degree is not a professional degree and hence this degree alone does not qualify students to work as a professional psychologist.
- Meritorious students may be eligible to apply for a Ph.D. program or M.Psy. (previously M.Phil.) program after obtaining the 4 years B.Sc. Hons Degree

School of Vedic Sciences

Department of Psychology

B.Sc. Psychology Hons Program Structure

The curriculum is divided into courses that can be broadly classified under the following categories:

Discipline Specific Core Courses

These courses focus on developing the fundamental understanding of Psychology and include core papers relevant in the field of psychology including but not limited to General Psychology, Social Psychology, Developmental Psychology, Abnormal Psychology, Personality theories, Counselling, Therapies and Research Methodology.

Multidisciplinary Minor Courses

Students have the option to choose courses from an interdisciplinary minor and after completion of the required 20 credits from the interdisciplinary he/she will be eligible for a minor in the discipline. At the department currently the students have the option to pick a minor from Indian Mind Sciences, Management and Education. Other possible minor options will be presented to the students as per availability in the given year.

Multidisciplinary Open Electives

Students are required to pick an interdisciplinary course from a bucket list of options provided by the department. This course is intended to broaden the intellectual experience of the students and hence students are not allowed to choose a course that they have either previously studied or a course that falls under their major discipline. The tentative list of electives includes courses from English, Journalism, Film & Television, Design, Drama, Fine Arts, Computer Applications, Media Sciences, Commerce and Management Studies.

Vocational and Skill Enhancement Courses

The skill enhancement courses have been formulated to provide students with hands-on training and practical experience to apply concepts that are covered in the classroom. The skill enhancement courses involve psychology lab hours and can include psychological testing, experimentation, case history taking, group testing and report writing. The curriculum also includes courses related to professional aptitude and skills.

Value Education Courses

The Value Education courses are designed to enable holistic education and promote individual growth. The courses under this include Health Practices like Yoga, Environmental Education and Indian Knowledge System.

Ability Enhancement Courses

The Ability Enhancement courses are aimed at enabling the students to acquire and demonstrate core linguistic skills, including academic writing skills, oratory skills, critical reading and helps them understand the importance of language as a medium of knowledge. This includes English Communication, Modern Indian Language and Foreign Languages.

Experiential Learning Courses

The curriculum aims to prepare students for the actual work situations that they will encounter in the future by exposing them to the field during their undergraduate studies. The students have the opportunity for observerships, industrial visits, internships, field projects and community engagement activities. Through these courses students will be actively engaged in the field work, observe actual cases, find solutions for real life problems and be expected to achieve the required deliverables at the end of the course.

Assessment & Evaluation System

- Assessments will be internal and external. Weightage for Internal : External is 50:50.
- Semester pattern of assessment will be followed.
- External university exams (End Semester Examination) will be conducted for only core courses and minor courses at the end of the semester for 50 Marks.
- Open Electives, Skill Enhancement, Value Added, Ability Enhancement courses typically only involve Continuous Assessment activities (CCE)
- Assessment pattern of core courses and minor courses will be carried out as shown in the table

Sr. No.	Pattern of Assessment	Marks allotted
1	Internal Continuous Assessment Activity for the course (CCE)	50 Marks
2	External University End Semester Examination	50 Marks
	Total	100 Marks

Selection of CCE activity for the course depends upon the subject. Subject in – charge is free to choose from the list of CCE activities given below (The list is suggestive):

Types	Nature
Examination	Traditionally essay type, time-constrained exam
Open book exam/ test	Students are allowed to bring the reference books of their choice
Article/ Essay writing	Individual long, written assignment
Quizzes	Structured test, short duration T/F, fill in the blanks, MCQ, one word or phrase
Reports	Of activity performed or event observed eg. Field visits
Portfolios	Collection of case reports, psychometric testing reports

	etc that student gathers for assessment
Dissertation	Detailed research based report
Book review/article review	Reading an article and book and summarise it
Presentations & Viva	
Self-Status Assessment tools KWL (Know-Want to Know-Learned); reflective journals	KWL are simple formats to be filled up by the students before the lesson (KW) and after it (L); Reflective journals are maintained as diaries to fill up one's experience after each class or lesson.
Case studies	Students analyse a given case (real or fictional) and come to solutions regarding some given issue or questions
Viva	Conducted individually or in a small group; usually accompanying practical test
Role Play	Students demonstrate psychotherapy skills while others observe
Group task- discussion/ technique/ Problem Solving	Group Fishbowl Authentic
	Small group of 2-5; Members work on a joint task

Course Structure

B.Sc. (Hons) Psychology

School of Vedic Sciences

Semester I

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
							Total		
23PSY1001R	Introduction to Psychology - I	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PSY1002	Social Psychology - I	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
-	Minor I	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23SVS1001	Fundamental concepts of Indian Mind Sciences - I	L – T – P 2 – 0 – 0	2	2	0	0	50	0	50
23PSY1003R	Psychology Lab - I	L – T – P 2 – 0 – 1	3	2	0	1	75	0	75
23SHD1005	Health Practices - 1 - SHD	L – T – P 0 – 0 – 1	1	0	0	1	50	0	50
23SHD2001	English Communication & Holistic Personality-1	L – T – P 1 – 0 – 1	2	1	0	1	50	0	50
	Total		20						

Semester II

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
23PSY2001R	Introduction to Psychology - II	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
23PSY2002	Social Psychology - II	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
	MINOR II	L - T - P 4 - 0 - 0	4	4	0	0	50	50	0
23SVS2001	Fundamental concepts of Indian Mind Sciences - II	L - T - P 2 - 0 - 0	2	2	0	0	50	0	50
23PSY2003R	Psychology Lab - II	L - T - P 2 - 0 - 1	3	2	0	1	75	0	75
23SHD2001	Health Practices - 2 - SHD	L - T - P 0 - 0 - 1	1	0	0	1	50	0	50
23SHD2002	English Communication & Holistic Personality-2	L - T - P 1 - 0 - 1	2	1	0	1	50	0	50
25PSY2004	Foundations of Personal and Professional Development	L - T - P 0 - 1 - 1	2	2	0	0	50	0	50
Total			22						

Semester III

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
23PSY3001	Human Lifespan Development - I	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
25PSY3002R	Biopsychology	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
-	MINOR III	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
-	Open Elective I (as per University Basket)	L – T – P 3 – 0 – 0	3	3	0	0	50	50	100
	Cultural Arts & Performing Arts - SHD	L – T – P 1 – 0 – 0	1						
23PSY3003R	Psychology Lab III	L – T – P 2 – 0 – 1	3	2	0	1	75	00	75
25SVS3001	Advanced Concepts in Indian Mind Sciences	L – T – P 2 – 0 – 0	2	2	0	0	50	0	50
23PSY3004	Modern Indian Language - I	L – T – P 2 – 0 – 0	2	2	0	0	50	0	50
Total			23						

Semester IV

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
				L	T	P	Total		
23PSY4001	Human Lifespan Development - II	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PSY4002	Theories of Personality	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
-	MINOR IV	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
-	Open Elective II	L – T – P 3 – 0 – 0	3	3	0	0	50	50	100
	Cultural Arts & Performing Arts - SHD	L – T – P 1 – 0 – 0	1						
23SVS4001	Epics and Personality	L – T – P 2 – 0 – 0	2	2	0	0	50	0	50
23PSY4003R	Psychology Lab IV	L – T – P 2 – 0 – 1	3	2	0	1	75	0	75
23PSY4004R	Environmental Studies	L – T – P 1 – 1 – 0	VAC	1	1	0	50	0	50
23PSY4005	Modern Indian Language - II	L – T – P 2 – 0 – 0	2	2	0	0	50	0	50
	Total		23						

Semester V

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
				L	T	P	Total		
23PS Y5001 R	Abnormal Psychology	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PS Y500 6R	Basics of Research Methodology	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
-	MINOR V	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PS Y500 4R	Psychology Lab V	L – T – P 2 – 0 – 1	3	2	0	1	50	50	100
25SV S5001	Ancient Indian Language, Art, and Beauty	L – T – P 2 – 0 – 0	2	2	0	0	50	0	50
	Open Elective	L – T – P 3 – 0 – 0	3	0	0	0			
-	FOREIGN LANGUAGE LEVEL-1	L – T – P 2 – 0 – 0	2	2	0	0	50	00	50
23PS Y500 5	Field Visit	L – T – P 0 – 0 – 2	2	0	0	2	50	00	50
	Total		24						

Semester VI

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
							Total		
23PSY6001R	Industrial Psychology	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PSY6002R	Statistics in Psychology	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
	1. 23PSY6005 - Consumer Psychology 2. 23PSY6006 Sports Psychology 3. 23PSY6007 Health Psychology 4. 23PSY6008 Environmental Psychology 5. 23PSY6009 Organizational Behavior	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23SVS6001	Indian Healing Practices	L – T – P 2 – 0 – 0	2	2	0	0	50	00	50
	Open Elective III	3-0-0	3	3	0	0			
	FOREIGN LANGUAGE LEVEL-2	L – T – P 2 – 0 – 0	2	2	0	0	50	00	50
23PSY6004R	Community Engagement	L – T – P 0 – 2 – 2	4	0	2	2	100	00	100
	Total		23						

Semester VII

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
23PSY 7001	Cognitive Psychology - I	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PSY 7002	Motivation & Emotion	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
	1. 23PSY7006 Organizational Development 2. 23PSY7007 Child Psychopathology	L – T – P 4 – 0 – 0	4	4	0	0	50	50	100
23PSY 7003	Theories of Personality II	L – T – P 1 – 0 – 1	2	2	0	0	50	00	50
23PSy 7004R	Psychology Lab VI OR Research Project (for Hons with Research degree)	L – T – P 1 – 0 – 1	2	1	0	1	50	0	50
	Innovation and Leadership Course (TBD)	L – T – P 0 – 1 – 1	2	0	1	1			
23PSY 7005	Observership	L – T – P 0 – 0 – 4	4	0	0	4	100	0	100
	Total		22						

BSc Hons Psychology

Semester VIII

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
23PS Y8001	Cognitive Psychology - II	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
23PS Y8002	Introduction to Psychotherapy	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
23PS Y8003	Positive Psychology	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
23PS Y8004R	Psychology Lab VII	L - T - P 1 - 0 - 1	2	1	0	1	50	0	50
23PS Y8005	Supervised Internship	L - T - P 0 - 2 - 4	6	0	2	4	100	0	0
Total			20						

BSc Honors with Research (Alternative) Semester VIII

Course code	Course Title	Credit Distribution	Total Credits	Teaching period / week (1 hour)			Evaluation Scheme (Internal Marks)	Semester End Exam Marks	Total Marks
				L	T	P			
23PSY 8001	Cognitive Psychology - II	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
23PSY 8002	Introduction to Psychotherapy	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
21PSY 8006	Advanced Research Methodology	L - T - P 4 - 0 - 0	4	4	0	0	50	50	100
21PSY 8007	Research Project	L - T - P 0 - 2 - 4	8	0	2	4	100	0	0
Total			20						