ST. XAVIER'S COLLEGE – MUMBAI
(Est. 1869)
(An Autonomous College affiliated with the University of Mumbai)

Syllabus for Undergraduate Programme as per National Education Policy (NEP-2020)

Programme: BA in Psychology

The academic year 2023–2024

Preamble:

The foundational principles of the National Education Policy 2020 (NEP 2020) released by MHRD are:

- Multidisciplinary and holistic education (student-centred), encompassing courses from multiple disciplines across the sciences, social sciences, arts, humanities, and commerce for a multidisciplinary world, with emphasis on outcome-based learning.
- 50-50 formulation, where 50% of the credits must be from the core discipline and the rest 50% from other disciplines. Also, 50% of the course must be conceptual and theory based and the rest 50% must be the application of the concepts into practice through student engagement in activities/apprenticeship and internship. Pedagogic methods must be problem-centred/ based and project-based learning and activities.
- Integration of technology into teaching-learning-evaluation resources, blended teaching-learning (face-to-face, online collaborative learning, hands-on and practicum and flipped learning), strengthening research pedagogy of the discipline.
- Integrating skilling and employability with curriculum and teaching-learning across disciplinary, inter-disciplinary, and multi-disciplinary studies.
- Multiple entry and exit options for students within an academic programme of study with credit transfer and accumulation of credits in the Academic Bank of Credits (ABC).
- Equality is the Goal, and Equity is a process to achieve equality and inclusion to promote students' sense of belonging.

The framework of the choice-based credit system

Major Subject: A single subject course of study pursued by a student as a mandatory requirement of the programme of study. Indian knowledge system (IKS) to be included in the core courses.

Elective Course: An elective course could be a project designed to acquire skills to supplement the major study.

Minor Subject: A second subject of study pursued by a student as an additional requirement of the programme of study.

OE: Open Elective - An elective course chosen generally from an unrelated discipline/subject, to seek multidisciplinary exposure.

AEC: Ability Enhancement Course - Mandatory Courses on content related to Language, and Literature (i) Compulsory – English communication (ii) Elective – any Indian language other than English.

IKS: Indian Knowledge System (Generic) – Mandatory course - an overview of the contribution of India towards multidisciplinary research and development.

VSC: Vocational Skill Course – Courses aimed at imparting practical skills, hands-on training, and soft skills to increase the employability of students. Specific or supporting the major subject is to be chosen from a basket/pool offered by the college.

SEC: Skill Enhancement Course – Courses aimed at imparting practical skills, hands-on training, and soft skills to increase students' employability. It could be chosen from a basket/pool offered by the college or a MOOC on Swayam or NPTEL platforms.

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On-Job Training (OJT)/Internship/Field Project (FP)/Community Engagement Programme (CEP) Research Project (RP): Application of knowledge/concepts in solving or analyzing a real-life problem. All these are related to the major subject.

CC: Co-curricular Course – For the holistic development of students through Cultural activities such as performing art, visual art, NCC, NSS, Yoga, etc.

VEC: Value Education Course – Compulsory courses on (i) The Constitution of India and (ii) Environmental Education.

FYUGP Credit Structure with number of courses 2023-24

Level	Sem	Sub.1/Major	Elective	Sub.2/Minor	OE	VSC	SEC	IKS generic	AEC	VEC	OJT, FP, RP, CEP, CC	Total	Degree Cum Cr
4.5 100-199 (2023-24) First Year	Sem 1	1	0	1	2	1	1	1	1	1		9	44 credits UG certificate
	Sem 2	1	0	1	2	1	1	0	1	1	CC 1	9	
Introductory	Courses	2	0	2	4	2	2	1	2	2	1	18	
Exit option with a UG Certificate in Major &/or Minor with an additional 4 credits NSQF course/Internship OR continue with Major & Minor
5 200-299 (2024-25) Second Year	Sem 3	2	0	1	1	1	0	0	1	0	FP CEP 1 (3cr) & CC 1	8	88 credits UG Diploma
	Sem 4	2	0	1	1	0	1	0	1	0	FP CEP 1 (Art Conf) & CC 1	8	
Intermediate	Courses	6	0	4	6	3	3	1	4	2		34	
Exit option with a UG Diploma in Major & Minor with an additional 4 credits NSQF course/Internship OR continue with Major & Minor
5.5 300-399 (2025-26) Third Year	Sem 5	3	1	1	0	1	0	0	0	0	FP 1	7	132 credits UG Degree
	Sem 6	3	1	1	0	0	0	0	0	0	OJT 1 internship	6	
Higher	Courses	12	2	6	6	4	3	1	4	2	7	47	
Exit option with a Three-Year Bachelor Degree with Major and Minor OR continue with Major & Minor (Fourth year by Papers)
6 400-499 (2026-27) Fourth Year	Sem 7	3	1	RM 1	0	0	0	0	0	0	FP 1	6	176 credits UG Honours
	Sem 8	3	1	0	0	0	0	0	0	0	OJT 1 internship	5	
Advanced	Courses	18	4	7	6	4	3	1	4	2		73	
Exit option with a Three-Year Bachelor Degree with Major and Minor OR continue with Major & Minor (Fourth year by Research)
6 400-499 (2026-27) Fourth Year	Sem 7	3	1	RM 1	0	0	0	0	0	0	RP 1		176 credits UG Honours with Research
	Sem 8	3	1	0	0	0	0	0	0	0	RP 1	5	
Advanced	Courses	18	4	7	6	4	3	1	4	2	9	73	
Four-Year UG Honours with Research Degree with Major and Minor

FYUGP Credit Structure from 2023-24 (3rd Arts)

Level	Sem	Major (Sub-1)	Elective	Minor (Sub-2)	OE	VSC / SEC	IKS Generic / AEC, VEC	OJT, FP, RP, CEP, CC	Cum Cr/Sem	Degree Cum Cr
4.5 (2023-24)	Sem 1	4	0	4	4	4	6	0	22	44 UG certificate
	Sem 2	4	0	4	4	4	4	2	22	
	Cum Cr	8	0	8	8	8	10	2	44	
A student will decide which of the 2 subjects (Sub-1 or Sub-2) will be major and minor at the end of the second semester (in the first year) Major subject-specific IKS of 2 credits must be done as 2 units (credit be 1 unit + 1 unit) from Sem 5 to Sem 6
Exit option with a UG Certificate in Major with an additional 4 credits core NSQF course/Internship OR continue with Major & Minor
5 (2024-25)	Sem 3	8	0	4	2	2	2	4	22	88 UG Diploma
	Sem 4	8	0	4	2	2	2	4	22	
	Cum Cr	24	0	16	12	12	14	10	88	
Exit option with a UG Diploma in Major & Minor with an additional 4 credits core NSQF course/Internship OR continue with Major & Minor
5.5 (2025-26)	Sem 5	12	4	2	0	2	0	2	22	132 UG Degree
	Sem 6	12	4	2	0	0	0	4	22	
	Cum Cr	48	8	20	12	14	14	16	132	
6 (2026-27)	Sem 7	12	4	4	0	0	0	2	22	176 UG Honours
	Sem 8	12	4	4	0	0	0	6	22	
	Cum Cr	72	16	28	12	14	14	24	176	
Exit option with a Three-Year Bachelor Degree with Major and Minor OR continue with Major & Minor
6 (2026-27)	Sem 7	10	4	4	0	0	0	4	22	176 UG Honours with Research
	Sem 8	10	4	4	0	0	0	4	22	
	Cum Cr	68	16	28	12	14	14	28	176	
Four-Year UG Honours with Research Degree with Major and Minor

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Programme Outcomes aligned to the Vision and Mission of St. Xavier's College (Autonomous), Mumbai (Bachelor's degree programme)

The students who complete three years of an undergraduate programme will be able to manifest skills and competencies in the following areas:

1. **Disciplinary knowledge and Core competencies/skills:**
   Demonstrate (i) a lucid understanding of the fundamentals of the subject-related curriculum and (ii) basic and global skills in the academic field of study.

2. **Critical and Creative thinking:**
   (i) Critically reflect on acquired knowledge and skills in areas of core competencies (ii) Explore new possibilities and be resourceful by generating relevant and practical ideas

3. **Problem-solving and Analytical reasoning:**
   Demonstrate skills in identifying and investigating a problem. Collect relevant qualitative and quantitative data and analyze the results meaningfully.

4. **Research-related skills:**
   (i) Apply comprehensive research-based knowledge and skills required for identifying issues, interpreting results, and synthesis of valid information. (ii) Communicate results of studies undertaken in an academic field effectively and accurately.

5. **Social Application of research and development:**
   Employ core competencies and skills to develop solutions for the improvement of social and environmental conditions.

6. **Industry-related skills:**
   Employ skills that are relevant to the industry and commit to strong work ethics and professionalism.

7. **Ethical and Moral Integrity:**
   Practice values such as honesty, transparency, and accountability and commit to interpersonal and social ethics.

8. **Empathy and Social Intelligence:**
   Cultivate and demonstrate affective, interpersonal, social, and spiritual intelligence.

9. **Collaboration, Teamwork, and Multidisciplinary competence:**
   Apply knowledge and skills as an individual, team member or leader to manage ventures in monodisciplinary and interdisciplinary settings.

10. **Leadership and Management:**
    Demonstrate effective strategic planning, and efficient organizational and transformational leadership skills to manage a mission embarked upon.

11. **Social Concern:**
    Demonstrate (i) empathy and care for the marginalized and disadvantaged, (ii) respect, compassion, and concern for others.

12. **Social responsibility and inclusion:**
    (i) Strive for social justice, harmony, and solidarity (ii) Value cultural pluralism and diversity.

13. **Environmental Wellbeing**
    Investigate and design strategies to care for and enhance the well-being of the environment.

14. **Self-motivation and Lifelong learning:**
    Develop a passion for ongoing personal and professional growth.

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Abbreviations:
- OE: Open Electives
- AEC: Ability Enhancement Course
- VSC: Vocational Skill Course
- SEC: Skill Enhancement Course

List of Courses offered for Semesters 1-2 in Psychology

Level	Semester	Major (Sub-1) Course titles	Minor (Sub-2) Course titles	OE Course title/s	VSC Course title/s	SEC
4.5 100-199	Sem 1	Foundations of Psychology	-	1)Demystifying Mental Illness 2) Personal Growth through Visual Art	Stress Management and Resilience	Stress Management
4.5 100-199	Sem 2	Fundamentals of Cognition	-	1)Demystifying Mental Illness 2) Exploring Self through Expressive Arts	Stress Management and Resilience	Stress Management
5 200-299	Sem 3					
5 200-299	Sem 4					
5.5 300-399	Sem 5					
5.5 300-399	Sem 6					
6 400-499	Sem 7					
6 400-499	Sem 8					
	Total	2	0	4	2	2

Composition of the Board of Studies in Psychology 2023 – 2024

Representation	Name	Affiliation
Chairperson: Head of the Department	Ruby Pavri	St. Xavier's College, Mumbai
Department faculty members	Linda Dhakul	St. Xavier's College, Mumbai
	Fr. Dean Fernandes	St. Xavier's College, Mumbai
	Dr. Danielle Pereira Ruchi Brahmachari Devika Mehta	MA Psychology St. Xavier's MA Psychology St. Xavier's Expressive Arts Therapy (PG Diploma)

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VC nominee	Dr. Neeta Mehta	Associate Professor KET's V. G. Vaze College, Mumbai
Industry Expert	Toru Jhaveri	Founder & Strategy Lead The Stuff of Life
Subject Experts from other Universities	Dr. Chetna Duggal	Associate Professor in the School of Human Ecology (SHE) Tata Institute of Social Sciences (TISS) Mumbai
	Geeta Patil	Head, Department of Psychology Shri M. D. Shah Mahila College of Arts & Commerce, Malad, Mumbai. Affiliated to SNDT Women's University
Experts from outside the college (co-opted)	Darshil Shah	MSc Cognitive Neuroscience, IIT
Other members of staff of the same faculty	Sanyukta Golaya	St. Xavier's College, Mumbai
Postgraduate meritorious alumnus	Pratha Shah	Senior Associate Content & Training Antarang Foundation

Four-Year Undergraduate Programme in Psychology

Year of Implementation	Semester	Course Code	BOS Date	Academic Council Date
2023-2024	1	UAPSY4501CR1 UAPSY4501OE1 UAPSY4502OE1 UAPSY4501SE1 UAPSY4501VS1	16th March 2023	21st April 2023
2023-2024	2	UAPSY4502CR1 UAPSY4501OE1 UAPSY4503OE1 UAPSY4501SE1 UAPSY4501VS1	16th March 2023	21st April 2023

Programme Specific Outcomes –

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Mental health and wellbeing are major concerns for society, at the individual and group level. Upon completion of the BA Psychology course, the student will have knowledge, attributes and skills to be better prepared to handle their own life challenges and help others deal with problems (such as conflict, stress, addictions, depression, suicide) and transcend them.

Upon completion of the BA Psychology Course, the UG student will
- 6 Academic (disciplinary) competencies (PO 1 to PO 6)
- 14 General competencies (PO 7 to PO 20)

	ACADEMIC COMPETENCIES
PSO 1	Subject knowledge
PSO 2	Practical, professional and procedural knowledge
PSO 3	Specialized skills (multidisciplinary approach)
PSO 4	Application to real life and unfamiliar contexts
PSO 5	Research related skills
PSO 6	Readiness for the industry
	GENERAL COMPETENCIES
PSO 7	Critical thinking (Analysis and Evaluation)
PSO 8	Creativity and divergent thinking
PSO 9	Communication skills
PSO 10	Analytical reasoning
PSO 11	Coordinating and collaborating
PSO 12	Leadership readiness
PSO 13	Learning how to learn
PSO 14	Digital and technical skills
PSO 15	Multicultural competence and inclusive spirit
PSO 16	Value inculcation
PSO 17	Autonomy, responsibility and accountability
PSO 18	Environmental awareness and action
PSO 19	Community engagement and service
PSO 20	Emotional and social intelligence (Empathy)

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