

St. Mira's College For Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University
Syllabus 2022-23

Name of Course: CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY

DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
19th August 2023	Saturday		Unit 1: The Foundation of Psychology– (Science, Research and Perspectives)		
		10am - 10:30 am	Orientation with All Teachers		0.5 hours
		10:30am - 1pm	- Nature and Goals of psychology		
			- Perspectives of psychology	Swaruti	2.5 hours
			- Research in psychology		
		2:15 pm - 4:15pm	-Development of Self and Wellbeing		
			-Self esteem		
			-Self Worth	Swaruti	2 hours
			-Development of Self throughout the lifetime		
20th August 2023	Sunday		Unit 2 : Motivation & Emotion		
		10 am - 1pm ; 2:15pm - 4:15pm	Continue Self and Well being if needed		
			-Drive reduction		
			-Incentive	Swaruti	5 hours
			-Humanistic-Maslow		
			-Self Determination Theory		

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DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
			-Concept of Emotions		
			- Emotional Intelligence		
WEEKEND 1			TOTAL HOURS - 10 HOURS		
26th August 2023	Saturday		Unit 3: Human Development and Learning - Theory		
		10 am - 1pm	-Biological Basis of Behaviour: Neuron-Structure and function, Autonomic Nervous System and Peripheral Nervous System	Swaruti	3 hours
		2:15pm - 4:15pm	Neuro Science and its connection to Well-being and Resilience		
			- Development Key Issues – Nature and Nurture	Anubha	2 hours
			- Development across the lifespan		
27th August 2023	Sunday		Unit 3: Human Development and Learning - Theory - CONTD		
		10 am - 1pm ;	-Development Cont		
			-Theories of Development	Anubha	5 hours
		2:15pm - 4:15pm	- Learning: Nature and Types		
				Swaruti	
			-Subtypes of Learning- Classical and Operant Conditioning, Trial and Error and Insight		
WEEKEND 2			TOTAL HOURS - 10 HOURS		



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DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
2nd September 2023	Saturday		Unit 4: Theories of Personality		
		10 am - 1pm ; 2:15pm - 4:15pm	- Nature of personality		
			- Theories of Personality	Anubha	5 hours
			-Psychoanalysis		
3rd September 2023	Sunday		Unit 4: Theories of Personality - CONTD		
		10 am - 1pm	- Nature of personality		
			- Theories of Personality	Anubha	3 hours
			-Psychoanalysis		
		2:15pm - 5:15pm	-Humanistic perspectives	Mugdha	3 hours
			-Existential positions		
WEEKEND 3			TOTAL HOURS - 10 HOURS		
9th September 2023	Saturday		Unit 5: Understanding Psychopathological Disorders		



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DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
		10 am - 1pm ; 2:15pm - 4:15pm	- Anxiety Disorders		
			- Childhood Disorders	Mugdha	5 hours
			- Mood Disorders		
			- Eating Disorders		
			- Somatic Disorders		
10th September 2023	Sunday		Unit 5: Understanding Psychopathological Disorders - CONTD		
		10 am - 1pm ; 2:15pm - 4:15pm	- Anxiety Disorders		
			- Childhood Disorders	Mugdha	5 hours
			- Mood Disorders		
			- Eating Disorders		
			- Somatic Disorders		
WEEKEND 4			TOTAL HOURS - 10 HOURS		
16th September 2023	Saturday		Unit 6: Positive Psychology and Mindfulness		
		10 am - 1pm ; 2:15pm - 4:15pm		Anubha	5 hours



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DATE	DAY	TIME	UNIT	TEACHER	TEACHING HOURS
17th September 2023	Sunday		Unit 7: Continuous Professional Development		
		10 am - 1pm		Anshuma	3 hours
		3:30pm - 4:30pm	ASSESSMENT		
			- 4 MCQs per teacher covering their units	Vidhisha	1 hour
			- 20 MCQs for 20 Marks		
WEEKEND 5			TOTAL HOURS - 9 HOURS		
TOTAL TEACHING HOURS			50 hours		

Ms. Anubha Doshi
Course Instructor

Ms. Sharmin Palsetia
Course Coordinator

Dr. Shalini Iyer
Coordinator



Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
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CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY
ORGANIZED BY SOULSPHERE AND ST. MIRA'S COLLEGE FOR GIRLS, PUNE
ATTENDANCE SHEET 2022-23

Sr. No.	Name of the Student	5-8-2022	6-8-2022	7-8-2022	12-8-2022	13/8/2022	14/8/2022	19/8/2022	20/8/2022	21/8/2022	26/8/2022	27/8/2022	% of Attendance
1	Abhinaya P	P	P	P	P	P	P	P	P	P	P	P	100%
2	Arthy Venugopal	P	P	P	P	P	P	P	P	P	P	P	100%
3	Bhairavi Bakhle	P	P	P	P	P	P	P	P	P	P	P	100%
4	Divya Joshi	P	P	P	P	P	P	P	P	P	P	P	100%
5	Haimi Shah	P	P	P	P	P	P	P	P	P	P	P	100%
6	Harshita Deshpande	P	P	A	A	A	A	P	A	A	A	A	23%
7	Jagrati Kinger	P	P	P	A	P	P	P	P	A	P	P	88%
8	Kanishkaa Senthil	P	P	P	P	P	P	P	P	A	P	P	94%
9	Shola Carletti	P	P	P	P	P	A	P	P	P	P	P	90%
10	Sonal Parekh	P	P	P	P	P	P	P	P	P	P	P	100%
11	Srabani Basu	P	P	P	P	P	P	P	P	P	P	P	100%
12	Isabelle Ragbir	A	A	A	A	A	A	A	A	A	A	A	0
13	Perna Yadav	A	A	A	A	A	A	A	A	A	A	A	0

Anubha Doshi
Ms. Anubha Doshi
Course Instructor

Palsetia
Ms. Sharmin Palsetia
Course Coordinator



Shalini Iyer
Dr. Shalini Iyer
Coordinator

Principal
Principal Incharge
St. Mira's College for Girls

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CERTIFICATE COURSE IN INTRODUCTION TO PSYCHOLOGY
CONSOLIDATED MARKSHEET 2022-23

Period From : 05.08.2022 to 27.08.2022

Name of the Teacher Incharge : Ms. Sharmin Palsetia

Sr.No.	Name of the Student	Marks Obtained	Out of	% of Attendance	Signature of the student
1	Abhinaya P	43	80	100%	
2	Arthy Venugopal	44	80	100%	
3	Bhairavi Bakhle	55	80	100%	
4	Divya Joshi	40.5	80	100%	
5	Haimi Shah	56	80	100%	
6	Harshita Deshpande	-	80	23%	
7	Jagrati Kinger	-	80	88%	
8	Kanishkaa Senthil	33	80	94%	
9	Shola Carletti	14	80	90%	
10	Sonal Parekh	39	80	100%	
11	Srabani Basu	53	80	100%	

Anubha Doshi

Ms. Anubha Doshi
Course Instructor

Sharmin Palsetia
Ms. Sharmin Palsetia
Course Coordinator



Shalini Iyer
Dr. Shalini Iyer
Coordinator

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Principal Incharge
St. Mira's College for Girls