

ShriSangameshwarEducationSociety's
SangameshwarCollege,Solapur
[Autonomous]
FacultyofArtsAndHumanities(
SocialSciences)

FINALDRAFTOFSYLLABUS
FORGRADUATECOURSE
CBCSW.E.F.2021
Program:B.A.



Course. B.A. II (Sem III &
IV)Psychology

By
DepartmentofPsychology

**Sangameshwar College,
Solapur(AUTONOMOUS)
Faculty of Arts and Humanities
Programme: B.A.
(CBCS Structure Syllabus w.e.f. June 2020)
B.A. II Semester III and IV**

Academic Council 4(4.4)
26th March, 2022

Structure of the Course

CBCS BA PART II **SEMESTER III DSC- III GROUP-F**

PAPER III- Discovering The lifespan (2111320)

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT: -3L+1T/H=4

COURSE CONTACT HOUR: - 48L+12T/H=60

SR.NO	MODULE	MODULE CREDIT	MODULE CONTACT HOURS
1	Adolescence: physical and Cognitive Development	1	15
2	Adolescence Social and Personality Development	1	15
3	Early Adulthood :Physical and Cognitive Development	1	15
4	Early Adulthood: Social and Personality Development	1	15
	TOTAL	04	60

(Maximum 4 MODULES)

CBCS BA PART II **SEMESTER – III DSC- IV GROUP - F**

PAPER IV **Adjustment Psychology (2111321)**

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT:-3L+1T/H=4

COURSE CONTACT HOUR:- 48L+12T/H=60

(Maximum 4 MODULES)

CBCS BA PART II

SEMESTER-III

IDS- I

PAPER I – **Child's Growth and Development (2111328)**

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT:-3L+1T/H=4

COURSE CONTACT HOUR:- 48L+12T/H=60

SR.NO	MODULE	MODULE CREDIT	MODULE CONTACT HOURS
1	Start of life	1	15
2	physical development in infancy	1	15
3	Cognitive Development in infancy	1	15
4	Social and Personality Development in Infancy	1	15
	TOTAL	04	60

(Maximum 4 MODULES)

CBCS BA PART II

SEMESTER – IV

DSC- V GROUP-F

PAPER V-Discovering The life Span (2111420)

(Theory35+Internal15=50Marks)

COURSE CREDIT:-3L+1T/H=4

COURSE CONTACT HOUR:-48L+12T/H=60

SR.NO	MODULE	MODULE CREDIT	MODULE CONTACT HOURS
1	Middle Adulthood: Physical and Cognitive Development.	1	15
2	Middle Adulthood Social and Personality Development	1	15
3	Late Adulthood: Physical and Cognitive Development	1	15
4	Late Adulthood : Social and Personality Development.	1	15
	TOTAL	04	60

(Maximum 4 MODULES)

CBCS BA PART II

SEMESTER IV

DSC- VI GROUP G

PAPER VI-Interpersonal Psychology(2111421)

(Theory35+Internal15=50Marks)

COURSE CREDIT:-3L+1T/H=4

COURSE CONTACT HOUR:-48L+12T/H=60

SR.NO	MODULE	MODULE CREDIT	MODULE CONTACT HOURS
1	Interpersonal Communication	1	15
2	Self and intimate relationships	1	15
3	Gender and Behavior	1	15
4	Career and Work	1	15
	TOTAL	04	60

(Maximum 4 MODULES)

CBCS BAPARTII **SEMESTERIV**

IDS- II

PAPERII- Child's Growth and Development

(Theory35+Internal15=50Marks)

COURSE CREDIT:-3L+1T/H=4

COURSE CONTACT HOUR:-48L+12T/H=60

SR.NO	MODULE	MODULE CREDIT	MODULE CONTACT HOURS
1	The Physical and Cognitive development of preschool years	1	15
2	Social and personality development in preschool years	1	15
3	Physical and Cognitive development in middle childhood	1	15
4	social and personality development middle childhood	1	15
	TOTAL	04	60

(Maximum 4 MODULES)

OPTIONAL PSYCHOLOGY –III (2111320)

Discovering The life span

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT

4(3L+1T)

COURSE CONTACT HOUR 60

Objectives–

- 1) To familiarize students with the basic developmental process of Adolescence to Early Adulthood
- 2) To enable the students to acquaint with the knowledge of physical, Cognitive, Social and Personality development to the relating Adolescence and Early Adulthood stages of life.

Out Comes

1. To students able to familiarize with the basic developmental process of Adolescence to Early Adulthood.
2. Students understand with the knowledge of physical, Cognitive, Social and Personality development to the relating Adolescence and Early Adulthood stages of life.

MODULE CREDIT 1 NO. OF CONTACT HOURS 15

Module No 1 and Title Adolescence physical and Cognitive Development

- 1.1 Physical Development. A) Physical Maturation. B) Threats to Adolescents
“Well-being
 - 1.2 Cognitive Development A) **Overcoming the Obstacles** B) Cognitive Development
C) School Performance
-

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 2 and Title Adolescence Social and Personality Development

- 2.1 Identity–Who Am I?
 - 2.2 Relationships: Family and friends
 - 2.3 Dating Sexual Behavior and Teenage Pregnancy
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MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 3 and Title **Early Adulthood: Physical and Cognitive Development**

- 3.1 Physical Development
- 3.2 Physical Limitations and Challenges.
- 3.3 Stress and Coping
- 3.4 Cognitive Development.
- 3.5 College perceiving higher education

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MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 4 and Title **Early Adulthood: Social and Personality Development**

- 4.1 Forging Relationships- Intimacy, Liking, Loving, Component of happiness, social clock of adulthood, seeking intimacy, friendship, falling love, passionate and companionate love, Sternberg triangular theory, choosing partner, attachment style and romantic relationship
- 4.2 the course of relationship, What makes marriage? Parenthood, gay and lesbian parent, Staying single
- 4.3 Work: Choosing and Embarking on a career.

Books for Study

- Robert s .Feldman and Nandita Babu (2011) “Discovering the Life Span”, Pearson Education first Impression South Asia
- Rodert s. Feldman (2010), “Discovering the Life Span” Dorling ,Kinderson India.Pvt. Limited 1st Impression.

Books for Reference

Dacey and Travers (1996) "Human Development 'Across the Life Span'" Brown and Benchmark publisher 3rd Edition.

Diane E Papalia and Sally Olds (1985) "Human Development," Tata McGraw-Hill edition, 5th Edition.

James W Vander Zanden: "Human Development" 3rd Edition.

Hurlock E. B (2001) "Development Psychology: A Life Span Approach," TMH Publishing Company, New Delhi.

Hirave, Tadasare (1997) "Vaikasik Manasshastra" Fadake Prakashan, Kolhapur.

Borude, Kumthekar, Desai, Golvilkar (1995) "Vaikasik Manasshastra" Pune, Vidhyarthi Gruh Prakashan, Pune

Sontakke, Bhosale, Kulkarni, (2008) "Vaikasik Manasshastra" Solapur, Aksharlene Prakashan.

- Sontakke, Jadhav, Bhosale, Kulkarni, (2014) "Vaikasik Manasshastra" Kishoravastha Te Prarambhik Prodhavastha Sunrise Publication Solapur.
- Sontakke, Jadhav, Bhosale, Kulkarni, (2015) "Vaikasik Manasshastra" Madhyavastha Te Vrudhavastha Sunrise Publication Solapur.

Academic Council 4(4.4)
26th March, 2022

CBCS BA PART II **SEMESTER – III**

DSC- IV GROUP-F

OPTIONAL PSYCHOLOGY (2111321)

Adjustment Psychology

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT

4(3L+1T)

COURSE CONTACT HOUR

60

Objectives.-

1. To acquaint the students with Psychological adjustment to modern life.
2. To prepare the students to adjustment in various life situations in 21st Century.

Out Comes

- 1) Students able to understand Psychological adjustment to modern life.
- 2) Students learn adjustment in various life situations in 21st Century

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 1 and Title- **Adjustment and Modern Life.**

1.1 The Psychology of Adjustment

1.2 The Scientific Approach to Behaviour Experimental Research, Correlational Research

1.3 The Role of Happiness.

1.4 Application-Improving Academic Performance.

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MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 2 and Title- **Stress.**

2.1 The Nature of Stress.

2.2 Major types of Stress.

2.3 Responding to Stress.

2.4 Effect of Stress.

2.5 Application- Managing Stress.

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MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 3 and Title – **Coping Process**

3.1 Concept of coping

3.2 Common coping patterns

3.3 Nature of constructive coping

A) Appraisal-focused constructive coping

B) problem-focused constructive coping

C) emotion-focused constructive coping

3.4 Application achieving Self-control

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MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 4 and Title – **Psychology and Health.**

4.1 What is Health?

4.2 Current Perspectives on Health and Illness

A) The Bio-psychosocial Perspectives.

4.3 Habits, Life Style and Health

4.4 Reaction to Illness.

4.5 Application – Methods for Promoting Health.

BooksforStudy

- 1) Wayne Weitenand ALlioyd(2018)“PsychologyAppliedtoModernLife”Cengage learningpublication 12th Edition.
- 2) Wayne Weitenand ALlioyd(2007)“PsychologyAppliedtoModernLife”Thomson-South-western,Indianpublication8thEdition.
- 3) SarafinoandSmith(2012)“HeathPsychology” WielyIndianEdition.

Books forReference

- 1) AtwaterEastwood&DuffyKarenGrover(1999)“PsychologyforLivingAdjustment,Growthandbehaviourtoday” 6th Edition. McGraw-Hill bookCompanyNewYork.
- 2) AnastasiAnne(1976)“FieldofAppliedPsychology”2ndEdition.McGraw-HillbookCompany NewYork.
- 3) PalasaneM.N,NawareSavita(Ed)(1993)“UpyojitManasshastra,”WielyExternLtd .Publishers,Delhi
- 4) PatilAngha&RajhansManasi(1998)JivanopyogiManasshastra.UnmeshPrakashan,Pune
- 5) Tadasare&Tamke(2004)“UpyojitManasshastra”PhadkePrakashan,Kolhapur.
- 6) Pandit,Kulkarni&Gore(2000)“UpyojitManasshastra”Pimplapuneandcom.
- 7) Sontakke,Bhosale&Kulkarni(2008),“UpjojitManasshastra”AksharlenePrakashanSolapur.
- 8) Sontakke,Jadhav,Bhosale,Kulkarni,(2014)“AdhunikUpyogitManasshastra”Sunrise PublicationSolapur
- 9) Sontakke,Jadhav,Bhosale,Kulkarni,(2015)“AdhunikUpyogitManasshastra”SunrisePublicationSolapur.

IDS- I

Academic Council 4(4.4)
26th March, 2022

OPTIONAL PSYCHOLOGY IDS (2111328)

PAPER I-Child's Growth and Development – I

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT 4(3L+1T)

COURSE CONTACT HOUR 60

Objectives:

1. To introduce genetic and environment-based orientation of start of the life.
2. Acquaint student with physical and cognitive process of infancy
3. To provide student with social and personality perspectives of infancy

Outcomes:

1. Able to

understand genetic and environment based orientation of start of the life.

2. Clarify to physical and cognitive process of infancy

3. Identify social and personality perspective of infancy

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 1:- Title- Start of life

1.1 Earliest Development A) Genes and Chromosomes B) Multiple Birth

C) Basics of Genetics D) Transmission of Genetics E) inherited and genetic disorder

1.2 Interaction of heredity and environment A) Genotype to phenotypes

B) Studying development C) Physical Traits D) Intelligence and personality

1.3 Parental growth and change A) Fertilization B) stages of prenatal period,

C) pregnancy problems D) Prenatal environment

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 2:- Title- physical development in infancy

2.1 Growth and stability A) Physical Growth B) Nervous system and Brain

2.2 motor development, A) Reflexes B) Motor development in infancy

C)NutritionininfancyBreastorBottle

2.3 Development of senses A) Visual Perception B) Auditory Perception C) Smell test D) Pain and touch

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 3:- Title- **Cognitive Development in Infancy**

3.1 Piaget approach to the cognitive development A) Key elements of "Piaget theory" B) Sensory motor Period

3.2 Information processing approach to cognitive development - A) encoding storage and retrieval, B) Memory during Infancy

3.3 Roots of Language A) fundamentals of language, B) origin of language development, C) Speaking to children

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 4:- Title- **Social and Personality Development in Infancy**

4.1 Developing roots of sociability A) Emotions in infancy B) Social Referencing C) the development of self D) Theory of Mind

4.2 Forming relationship A) Attachment B) producing Attachment C) infants Sociability with their peers

4.3 Difference among infants A) personality development B) temperament C) Gender D) family life in 21st century

Books for Study

- *Roberts. Feldman and Nandita Babu (2011) "Discovering the Life-Span", Pearson Education first Impression South Asia
- Roderts. Feldman (2010), "Discovering the Life-Span"
- Dorling, Kinderson India. Pvt. Limited 1st Impression.

Books for Reference

Dacey and Travers (1996) "Human Development 'Acroost the Life Span'" Brown and Benchmark publisher 3rd Edition.

DianeEPapaliaandSallyolds(1985)“Humandevlopment,”TataMcGraw-Hillediti
on,5thEdition.

JamesWVanderZanden:“HumanDevelopment”3Edition.

HurlockE.B(2001)“DevelopmentPsychology:ALifeSpanapproach,”TMHPublishin
gCompany,NewDelhi.

Borude,Kumthekar,Desai,Golvilkar(1995)“VaikasikManasshast
ra”Pune,VidhyarathiGruhPrakashan,Pune

Sontakke,Bhosale,Kulkarni,(2008)“VaikasikManasshastra”Solapur,Aksharlene
Prakashan.

John.w.Santrock2007“AtypicalapproachttoLifeSpan.Devlopment”ThirdEdn.Tat
aMcGrawHill.

DaryapurkarDaboleBalvikasFadakePublication1986

Dr.PramilaKaleBalvikasDiamondPublication

Detail Syllabus

CBCS BAPART II
SEMESTER IV

Academic Council 4(4.4)
26th March, 2022

DSC-V GROUP- F

OPTIONAL PSYCHOLOGY – V (2111420)

Discovering The lifespan

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT 4(3L+1T)

COURSE CONTACT HOUR 60

Objective–

- 1) To familiarize student with the basic developmental process of middle and late adulthood
- 2) To acquaint student with knowledge of physical, cognitive social and personality development middle and late adulthood

Outcomes-

- 1) Student know the basic developmental process of middle and late adulthood
- 2) Students learn knowledge of physical, cognitive social and personality development middle and late adulthood.

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 1 and Title– **Middle Adulthood: Physical and Cognitive Development.**

- 1.1 Physical Development.
 - 1.2 Sexuality in Middle Adulthood.
 - 1.3 Health
 - 1.4 Cognitive Development.
 - A. Does Intelligence decline in Adulthood.
 - B. Memory
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Module No 2 and Title - **Middle Adulthood: Social and Personality Development**

- 2.1 Personality Development
 - 2.2 Relationships: Family in Middle Age.
 - 2.3 Work and Leisure.
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Module No 3 and Title - **Late Adulthood: Physical and Cognitive Development.**

- 3.1 Physical Development
 - 3.2 Health and Wellness.
 - 3.3 Cognitive Development
 - A) Intelligence
 - B) Memory.
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Module No 4 and Title - **Late Adulthood: Social and Personality Development.**

- 4.1 Personality Development and Successful Aging.
 - 4.2 Daily Life of Late Adulthood
 - 4.3 Relationships: Old and New.
 - 4.4 Defining and Confronting death
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Books for Study

- Robert S. Feldman and Nandita Babu (2011) "Discovering the Life Span", Pearson Education First Impression South Asia.
- Robert S. Feldman (2010), "Discovering the Life Span" Dorling, Kindersley India Pvt. Limited First Impression.

- John.w.Santrock2007“AtypicalapproachtoLifeSpan.Development”ThirdEdn.Tata McGrawHill

Books forReference

- DaceyandTravers(1996)“HumanDevelopment,,AcroostheLife-Span,”BrownandBenchmarkpublishar3Edition.
- DianeEPapaliaandSallyolds(1985)“HumanDevelopment,”TataMcGraw

Detail Syllabus

CBCS BA PART II **SEMESTER IV**

Academic Council 4(4.4)
26th March, 2022

DSC-VI GROUP F

OPTIONAL PSYCHOLOGY – VI (2111421)

PAPER VI-**Interpersonal Psychology**

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT 4(3L+1T)

COURSE CONTACT HOUR 60

Objectives-

- 1) To familiarize students with Psychological applications in modern life.
- 2) The student acquaints the process of interpersonal intimate, relationship with health and work.

Outcomes

- 1) Students learn Psychological applications in modern life.
- 2) Student know the processes of Psychological interpersonal, intimate relationship with health and work

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 1 and Title-**Interpersonal Communication.**

1.1 The Process of Interpersonal Communication

1.2 Nonverbal Communication

A) General Principles.

B) Elements of Nonverbal Communication

1.3 Effective Communication.

1.4 Application developing and Assertive Communication Style.

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MODULECREDIT 1

NO.OFCONTACTHOURS15

ModuleNo2 andTitle **-Selfandintimaterelationship**

2.1 Self-concept

2.2 Self-esteem

2.3 Self-Regulation

2.4 Maritaladjustmentacrossthefamilylife

2.5 Application-Buildingself-esteem.

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MODULECREDIT 1

NO.OFCONTACTHOURS15

ModuleNo3and Title-**GenderandBehavior**

3.1 GenderStereotype

3.2 Gender SimilaritiesandDifferences.

3.3 BiologicalOriginsofGenderDifferences.

3.4 EnvironmentalOriginsofGenderDifferences.

3.5 Application-BridgingGenderGapinCommunication

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MODULECREDIT 1

NO.OFCONTACTHOURS15

ModuleNo4and Title- **CareerandWork.**

4.1 ChoosingaCareer

4.2 ModelsofcareerchoiceanddevelopmentHollandsmode,WomenscareerDevelopment

4.3 Changingworldofwork

4.4 Application-PuttingtogetheraResume.

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BooksforStudy

- 1) WayneWeiten
andALlloyd(2018)“PsychologyAppliedtoModernLife”Cengage
learningpublication 12th Edition.
- 2)
WeitenandLlloyd(2007)“PsychologyAppliedtoModernLife”Thomson-Wad
sworth,IndianEdition.

Books forReference

- 1) AtwaterEastwood&DuffyKarenGrover(1999)“PsychologyforLivingAdjustment
, Frowth and behavior today” 6th Edition, Prentice Hall upper
SaddleRiver,NewJersey.
- 2) AnastasiAnne(1976)“FieldofAppliedPsychology” 2nd Edition. McGraw-Hill
bookCompany NewYork.
- 3) PalasaneM.N,NawareSavita(Ed)(1993)“UpyojitManasshastra,”WielyExternLtd
.Publishers,Delhi
- 4) PalasaneM.N,NawareSavita(Ed)(1993)“UpyojitManasshastra,”WielyExternLtd
.Publishers,Delhi
- 5) Tadasare&Tamke(2004)“UpyojitManasshastra”PhadkePrakashan,Kolhapur
- 6) Pandit,Kulkarni&Gore(2000)“UpyojitManasshastra”Pimplapuneandcom.
- 7) Sontakke,Bhosale&Kulkarni(2008),“UpjojitManasshastra”AksharlenePrakash
anSolapur.
- 8) Sontakke,Jadhav,Bhosale,Kulkarni,(2014)“AdhunikUpyogitManasshastra”Sun
risePublicationSolapur.
- 9) Sontakke,Jadhav,Bhosale,Kulkarni,(2015)“AdhunikUpyogitManasshastra”Su
nrisePublicationSolapur

Detail Syllabus

CBCS BAPARTII **SEMESTER-IV**

Academic Council 4(4.4)
26th March, 2022

IDS- II

OPTIONAL PSYCHOLOGY IDS –II (2111428)

PAPER II- Childs Growth and Development

(Theory 35+Internal 15=50 Marks)

COURSE CREDIT 4(3L+1T)

COURSE CONTACT HOUR 60

Objective

1. Acquaint student Physical and cognitive process of Preschool years
2. To provide student Social and personality Perspectives of Preschool years

rs. Outcomes

1. Able to understand Physical and cognitive process of Middle childhood
2. Identify social and personality perspective of Middle Childhood

MODULE CREDIT 1 NO. OF CONTACT HOURS 1

Module No 1 Title – The Physical and Cognitive development of preschool years

- 1.1 the growing body, brain and Motor Development
- 1.2 The Piaget Approach A) preoperational Thinking B) Vygotsky view of cognitive development
- 1.3 the growth of language and learning A) language development B) learning from media C) preschool education

MODULE CREDIT 1 NO. OF CONTACT HOURS 15

Module No 2 Title – Social and personality development in preschool years

- 2.1 forming sense of self A) Psychosocial Development B) self concept development C) Gender identity

2.2 friends and family, preschool, social lives A) Development of friendship B) Preschooler's theory of mind C) Preschoolers Family life D) effective parenting

E) Child abuse and psychological maltreatment

2.3 Moral development and aggression A)

Developing morality B) aggression and violence in preschoolers C) Thought behind Violence

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 3 Title- **Physical and Cognitive development in middle childhood**

3.1 A) Growing body-height and weight change, Childhood obesity

B) motor development- I Gross motor skills II fine motor skills III Accidents safety in cyberspace

3.2 Children's special needs I visual impairment, II Auditory, III speech and I

VADHD

3.3 Cognitive and language development A) Piaget approach Concrete thought,

B) Information processing in middle childhood, B) Vygotsky approach to cognitive development and classroom instructions C) language development- Bilingualism

MODULE CREDIT 1

NO. OF CONTACT HOURS 15

Module No 4 Title- **social and personality development middle childhood**

4.1 Developing self- A) understanding one's self (Who am I?) B) Self-esteem

C) Moral development

4.2 Relationship in Middle childhood A) Stages of friendship B) Individual differences

C) bullying D) Gender and Friendship

4.3 Family life A) Home and alone B) Divorce C) Types of Families, Single

Parent, Multigenerational, Blended family gay and lesbian, Race and family life, poverty

Books for Study

*Robert S. Feldman and Nandita Babu (2011) "Discovering the Life-Span",

Pearson Education first Impression South Asia

- Rodert S. Feldman (2010), "Discovering the Life-Span"

- Dorling, Kinderson India. Pvt. Limited 1st Impression.

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James W Vander Zanden: "Human Development" 3 Edition.

Hurlock E. B (2001) "Development Psychology: A Life Span approach," TMH Publishing Company, New Delhi.

Borude, Kumthekar, Desai, Golvilkar (1995) "Vaikasik Manasshasthra" Pune, Vidhyarthi Gruh Prakashan, Pune

Sontakke, Bhosale, Kulkarni, (2008) "Vaikasik Manasshastra" Solapur, Aksharlene Prakashan.

John. w. Santrock 2007 "Atypical approach to Life Span. Development" Third Edn. Tata McGraw Hill.

Daryapurkar Dabole Balvikas Fadake Publication 1986

Dr. Pramila Kale Balvikas Diamond Publication

**Chairman
BOS in Psychology**