

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's  
**New Arts, Commerce, and Science College, Ahmednagar**  
**(Autonomous)**  
**(Affiliated to Savitribai Phule Pune University, Pune)**



**National Education Policy (NEP)**  
**Choice Based Credit System (CBCS)**

**Programme Skeleton and Syllabus of**  
**B. A. Psychology (Minor) - II Year**

Implemented from

**Academic Year 2024-25**

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's  
**New Arts, Commerce and Science College, Ahmednagar**  
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**Board of Studies in Psychology**

Sr. No.	Name	Designation
1.	Dr. Kiran D. Ahirrao	Chairman
2.	Prof. Rajratna D. Khillare	Member
3.	Dr. Umesh L. Bharte	Academic Council Nominee
4.	Dr. Shashikant H. Khalane	Academic Council Nominee
5.	Dr. Mahendra B. Patil	Vice-Chancellor Nominee
6.	Mr. Mahesh S. Kshirsagar	Alumni
7.	Mr. Shrikant Kulange	Industry Expert
8.	Dr. Yogita M. Khedkar	Invitee Co-Opted

**1. Prologue/ Introduction of the programme: At least one page**

In B.A. Honers in minor discipline Psychology is a 4-year degree course which is offered by the colleges. The basic eligibility for pursuing this course is 10+2 qualification. In B.A. Honers Psychology, students will particularly learn the process of the human behaviour. They will study how humans behave in different circumstances, and while dealing with different sets of people.

The study of Psychology at the undergraduate level facilitates explorations on the vast canvas of knowledge interested in understanding human beings – their nature, behavior and influences. The study material concerns itself with relevant developments in theory and practice of Psychology. The dynamic nature and rapid changes in the field need to be addressed as the student moves along the various courses. The current structure aims to impart basic knowledge in Psychology via the core papers, specialized area is introduced in the discipline centred course and the students are exposed to the application possibilities via the skill-based courses.

The psychology programme at undergraduate level aims to focused on imparting knowledge of basic psychological concepts and models, and developing ability to apply this knowledge in field settings. The programme also promoting and understanding of life skills is so that students are able to cope up stress and with demands of life. The programme like media and consumer psychology will develop psychological sensitivity and social sensibility so that students can respond empathically to human subjectivity in professional area. Through this

programme students will be able to examine the complexities of and debates within the discipline and to well upon its unique relevance in understanding the human subjectivity as shaped by the social, historical and po Developing sensibility towards varied socio-cultural contexts and appreciating diversity.

## 2. Programme Outcomes (POs)

1. Students will learn the of importance of health and wellbeing.
2. Students will be able to identify the relationship between mind- body.
3. Students will learn the nature and importance of emotional intelligence.
4. Students will be able to identify the emotions of other, one self and to manage them.

### Credit Distribution for B. A. including Major, Minor and OE and other courses.

	Type of Courses	III Yr	IV Yrs (Honours)	IV Yrs Research
Major Psychology	Discipline-Specific Courses (DSC)	46	74	66
	Discipline Specific Elective (DSE)	08	16	16
	Skill Enhancement Courses (SEC)	06	06	06
	Vocational Skill Courses (VSC)	08	08	08
	On-Job Training (OJT)	04	08	04
	Field Project (FP)	04	04	04
	Community Engagement and Service (CEP)	02	02	02
	Research project	00	00	12
	Research Methodology	00	04	04
	<b>Total (I, II and III Year)</b>	<b>78</b>	<b>122</b>	<b>122</b>
Minor	Minor	20	20	20
Other Courses	Open Elective (OE)/ Multidisciplinary Courses	12	12	12
	Indian Knowledge System	02	02	02
	Co-Curricular Courses	08	08	08
	Ability Enhancement Courses	08	08	08
	Value Education Courses	04	04	04
	<b>Total</b>	<b>132</b>	<b>176</b>	<b>176</b>

### B. A. Programme Framework: Credit Distribution

			DSC	DSE	SEC	VSC	FP/ OJT /IN/CEP	IKS	Minor	OE		CC	AEC	VEC	Total
I	I	4.5	06	-	02	-	-		03	03		02	02	02	22
I	II	4.5	06	-	02	02	-	02	03	03	-	02	02	02	22
Exit Option: Award of UG Certificate in Major with 44 credits and an additional 4 credit core NSQF course /Internship or Continue with Major and Minor															
II	III	5.0	08	-	02	-	FP-02		03	03	-	02	02	-	22
II	IV	5.0	08	-	00	02	CEP-02		03	03	-	02	02	-	22
Exit Option: Award of UG Diploma in Major with 88 credits and an additional 4 credit core NSQF course /Internship or Continue with Major and Minor															
III	V	5.5	10	04	-	02	FP-02		04	-	-	-	-	-	22
III	VI	5.5	08	04	-	02	OJT-04		04	-	-	-	-	-	22
Exit Option: Award of 3-Yr UG Degree in Major and Minor with 132 credits or continue with Major for a 4-year Degree															
IV	VII	6.0	14	04	RM:04	-	-		-	-	-	-	-	-	22
IV	VIII	6.0	14	04	-	-	OJT-04		-	-	-	-	-	-	22
4-Yr UG Degree (Honours) with Major and Minor with 176 credits															
IV	VII	6.0	10	04	RM:04	-	RP-04		-	-	-	-	-	-	22
IV	VIII	6.0	10	04	-	-	RP-08		-	-	-	-	-	-	22
4-Yr UG Degree (Honours with Research) with Major and Minor with 176 credits															

### B.A Programme Framework: Course Distribution

Year	Semester	Level	Major						Minor	OE	CC	AEC	VEC	Total
			DSC	DSE	SEC	VSC	FP/OJT /IN/CEP	IKS						
I	I	4.5	02	-	01	-	-	01	01	01	01	01	01	09
I	II	4.5	02	-	01	01	-	-	01	01	01	01	01	09
Exit Option: Award of UG Certificate in Major with 44 credits and an additional 4 credit core NSQF Course /Internship or Continue with Major and Minor														
II	III	5.0	03	-	01	-	01	-	01	01	01	01	-	09
II	IV	5.0	03	-	-	01	01	-	01	01	01	01	-	09
Exit Option: Award of UG Diploma in Major with 88 credits and an additional 4 credit core NSQF Course /Internship or Continue with Major and Minor														
III	V	5.5	03	01	-	01	01	-	01		-	-	-	07
III	VI	5.5	02	01	-	01	01	-	01		-	-	-	06
Exit Option: Award of 3-Yr UG Degree in Major and Minor with 132 credits or continue with Major for a 4-year Degree														
IV	VII	6.0	04	01	RM:01	-	-	-	-		-	-	-	06



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**Syllabus**

**B. A. Psychology (Minor) -II**

<b>Title of the Course: Psychology of Health and Well being</b>								
<b>Year: II</b>					<b>Semester: III</b>			
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
MNR-3	BA-PY301T	03	00	03	45	30	70	100

**Learning Objectives:**

1. To Understand the spectrum of mental health and mental illness
2. To Identify stresses in one's life and how to manage them
3. To understand the dynamics of well-being and emotions.
4. To Understand health psychology and the relation between mind and body.
5. To Identify the characteristics of healthy behaviors and promoting them.
6. To Understand variety of health enhancing behaviors and the importance of exercise, nutrition.

**Course Outcomes:**

1. Understanding the spectrum of mental health and mental illness
2. Identifying stresses in one's life and how to manage them
3. Understanding the dynamics of well-being and emotions
4. Understanding health psychology and the relation between mind and body.
5. Identifying the characteristics of healthy behaviors and promoting them.
6. Understanding health enhancing behaviors and the importance of exercise, nutrition.

**Detailed Syllabus:**

**Unit 1: CONCEPTUALIZATIONS OF MENTAL HEALTH (12)**

- 1.1 Mental health: Meaning and Definition.
- 1.2 Foundations of mental health – Hereditary factors, Physical, Social factors, and Satisfaction of basic needs
- 1.3 Characteristics of a mentally healthy person
- 1.4 Mental illness: Meaning and definition. Psychological Approaches – Psychoanalytic, Cognitive-behavioral, Humanistic-existentialist model.

**Unit 2: MENTAL HEALTH ISSUES (12)**

- 2.1 Stress – Definition; Theories Of stress; Sources of stress; Coping -Types
- 2.2 Psychological disorders – Stress Related Disorders: Adjustment disorder
- 2.3 Posttraumatic Stress Disorder, and Acute Stress Disorder; Anxiety Disorders and
- 2.4 Mood Disorders.

**Unit 3: PHYSICAL HEALTH – MIND RELATIONSHIP (12)**

- 3.1 Introduction to Health Psychology: Mind and Body Relationship, Components of Health: Social, Emotional, Cognitive and Physical Aspects
- 3.2 Relationship Between Health and Psychology, Cultural Construction of Health
- 3.3 Goals of Health Psychology, Bio-Psychosocial Model of Health, Indian Model.
- 3.4 Behavior and Health: Characteristics of Health Behaviour; Barriers to Health Behaviour

**Unit 4: WELL-BEING (12)**

- 4.1 Well-being: Subjective well-being, Psychological, Social and Emotional well-being.
- 4.2 Emotional intelligence: Models- Ability model, Personality, Goleman's model.
- 4.3 Enhancing emotional intelligence; Development of emotional competence.
- 4.4 Health Promotion and Management: Exercise, nutrition, Indian Healing Techniques

**Suggested Readings:**

1. Baumgardner, S. & Crothers, M. (2015). Positive Psychology. Pearson
2. Brannon, L., & Feist, J. (2007). Introduction to Health Psychology. Thomson India Edition
3. Butcher, J.N., Hooley, J.M., Mineka, S. & Kapur, P. (2019). Abnormal Psychology. 17<sup>th</sup> Edition. Pearson India Education Services Pvt. Ltd.
4. Carr, A. (2004). Positive Psychology: The Science of happiness and human strength. UK: Routledge.
5. Goleman, D. Emotional Intelligence: Why it can Matter more Than IQ.
6. Scheid, T.L & Brown, T.N. (2010). A Handbook for the Study of Mental Health: Social Contexts, Theories, and Systems. Second edition. Cambridge University Press.
7. Singh, A. (2021). Mental Health and Mental Disorders. Psycho Information Technologies.
8. Taylor, S. E. (2006). Health Psychology. New Delhi: Tata McGraw-Hill
9. Dalal, A.K. (2016). Cultural Psychology of Health in India. Delhi: Sage.
10. DiMatteo, M. R., & Martin L. R. (2011). Health Psychology. Noida: Dorling Kindersley.
11. Marks, D.F., Murray, M., Evans, B., & Estacio, E.V. (2011). Health Psychology (3rd Edition) London: Sage.
12. Serafino, E.P., & Smith, T.W. (2016). Health Psychology: Bi- psychosocial Interactions (9th Edition). New York: Wiley.
13. Taylor, S.E. (2017). Health Psychology (10th Edition). Delhi: Tata McGraw Hill.

## **ADDITIONAL RESOURCES**

- 1** Allen, F. (2011). Health Psychology and Behaviour. Delhi: Tata McGraw Hill.
- 2** Misra, G. (1999). Stress and Health. New Delhi: Concept.
- 3** Sanderson, C.A. (2018). Health Psychology: Understanding the Mind-body Connection (3rd Edition). London, UK: Sage Publishers.
- 4** Wadhwa, S. (2017) (Ed.). Stress in the Modern World. Santa Barbara, California: Greenwood.



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**Syllabus**

**B. A. Psychology (Minor) -II**

Title of the Course: Emotional Competence								
Year: II				Semester: IV				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
MNR-4	BA-PY401T	03	00	03	45	30	70	100

**Learning Objectives:**

1. Introduce the concept of emotional intelligence, its models and components.
2. Understand the significance of emotional intelligence in self-growth and building effective relationships
3. Identify the measures of emotional intelligence.

**Course Outcomes:**

1. To understand the theoretical concept of emotional intelligence and its various models
2. To foster the ability to identify and manage one's own emotions, as well as the emotions of others
3. Help students deal with negative emotional states and promote more positive emotions in its place
4. To understand the application of emotional intelligence in myriad settings, such as the workplace, relationships, etc.

**Detailed Syllabus:**

**Unit 1: FUNDAMENTALS OF EMOTIONAL INTELLIGENCE (12)**

- 1.1 Emotional Intelligence; Nature and Significance
- 1.2 Models of Emotional Intelligence: Ability, Trait and Mixed
- 1.3 EQ Competencies: Self- Awareness, Self-Management, Empathy, and Interpersonal Skills
- 1.4 Importance of Emotional Intelligence

**Unit 2: PERSONAL COMPETENCE (12)**

- 2.1 Levels of emotional awareness; Self Awareness: Observing and recognizing one's own feelings
- 2.2 Perceiving emotions accurately in others
- 2.3 Knowing one's strengths and areas of development.
- 2.4 Self-Management: Managing emotions, anxiety, fear, and anger.

**Unit 3: MANAGING EMOTIONS: (12)**

- 3.1 The relationship between emotions, thought and behavior
- 3.2 Techniques to manage emotions
- 3.3 Social Awareness: Others' Perspectives, Empathy and Compassion
- 3.4 Relationship Management: Effective communication, Collaboration, Teamwork and Conflict management

**Unit 4: EMOTIONAL INTELLIGENCE (12)**

- 4.1 Measures of emotional intelligence
- 4.2 Strategies to develop and enhance emotional intelligence
- 4.3 Practical component - Students will practice self-management techniques to regulate emotions such as Mindfulness, Conditioned relaxation response, Boundary setting.
- 4.4 Practical component Students will practice various techniques of relationship management such as engaging with: Display of empathy, Effective communication, Teamwork, Conflict resolution.

**Suggested Readings:**

1. Anand, P. (2017). *Emotional Intelligence: Journey to Self-Positive*. New Delhi: The Readers Paradise.
2. Bar-On, R., & Parker, J.D.A. (Eds.) (2000). *The Handbook of Emotional Intelligence*. San Francisco, California: Jossey Bros.
3. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
4. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
5. ADDITIONAL RESOURCES
6. Singh, D. (2003). *Emotional Intelligence at Work* (2nd ed.). New Delhi: Response Books.
7. Baron, R. A. (2001). *Psychology*. New Delhi: Pearson Education Pvt. Ltd.
8. Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). *Psychology* (5th Edition). Pearson.
9. Carole, W. and Carol, T. (2007). *Psychology* (7th Edition). Pearson Education, India.
10. Feldman S. R. (2009). *Essentials of understanding psychology* (7th Ed.) New Delhi: Tata Mc Graw Hill.
11. Morgan, C. T., King, R. A., Weisz, J. R. and Schopler, J. (1986). *Introduction to Psychology*. McGraw-Hill Book Co.