

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 Framework and Syllabus for

Open Elective: Psychology

खुला वैकल्पिक विषय: मानसशास्त्र

(For Students of Commerce and Science Faculty)

(वाणिज्य व विज्ञान शाखेतील विद्यार्थ्यांकरिता)

Implemented from

Academic Year 2024-25

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Ahmednagar
(Autonomous)

Introduction of Open Electives (Psychology): For Science and Commerce Faculty

Interest in the study of psychology is increasing day by day in all faculties and field of higher education now a days. It may be because of the vital role of human mind and its tendencies always intervene the quality of better life. To understand science behind person perception, human development and personal growth, psychology provide huge knowledge and guideline for it's implementation.

Hence the 'Mind Management' and 'Mind Competancies' are courses are specifically designed to aknowledge the vital role of psychology to students of various faculties and different fields. Mind Management course increase the insight of students in acquainting the nature of human mind, familiarizing process of human behavior and develop skill of mind management. On other hand

Mind Competencies Course enhances point of view towards personal, social and interpersonal competence. It also famialiarize person with process of developing competence in all above areas. Mind competencies course helps general students to acquire the skill of managing mind through developing various competencies.

Open Elective/ Generic Elective Framework and Course Distribution:

Subject: Psychology (For Science and Commerce Faculty only)

Sr. No.	Year	Semester	Level	Course Type	Course Code	Title	Credits
1.	I	I	4.5	OE-01	OE-PY-01T	Mind Management	02
2.	I	II	5.0	OE-01	OE-PY-02T	Mind Competencies	02
3.	II	III	5.5	OE-03	OE-PY-03T	Personality	02
4.	II	IV	6.0	OE-04	OE-PY-04T	Motivation & Emotions	02
Total							08

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
New Arts, Commerce and Science College, Ahmednagar
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Syllabus of Open Elective: Psychology

Title of the Course: Mind Management								
Year: I				Semester: I				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
OE-01	OE-PY-01T	02	00	02	30	15	35	50

Learning Objectives:

1. Acquaint Students with nature of human mind.
2. Familiarize students with process of human behaviour.
3. Develop the skill of managing mind.

Course Outcomes (Cos)

1. Develop understanding about human mind.
2. Develop understanding of various aspects of emotions.
3. Develop various skill of developing Self Awareness.
4. Develop understanding about Mind-Body Concept.

Detailed Syllabus:**Unit 1: Understanding Human Mind (08)**

- 1.1 What is mind, nature and science
- 1.2 levels Of Mind: - Conscious, Subconscious & Unconscious
- 1.3 What Is Mind Management, How Mind Management Improve Life
- 1.4 Mindfulness

Unit 2 Emotion (08)

- 2.1 Definition, Nature and Importance of Emotion
- 2.2 Basic Emotions: Joy, Excitement, Tenderness, Sadness, Anger, Fear and Love
- 2.3 EQ – Definition, Nature, Measurement and Importance of EQ
- 2.4 Emotional intelligence and Emotional Management

Unit 3 Concept of Self (08)

- 3.1 Self-Concept: Definition, Nature and scope
- 3.2 Facets of Self-concept, Thoughts, Feelings, Needs, Attitudes
- 3.3 Physical Existence: The four realms- biological, neuro-biological, Cognitive and conscious
- 3.4 Self-disclosure: The Johari Window, SWOT Analysis

Unit 4 Mind-Body Concept (08)

- 4.1 Mind-Body Relationship: Dualism and Monism
- 4.2 Exploration of the Mind-Body relationship (Integration technique)
- 4.3 Analysis of the concept of consciousness
- 4.4 Perception and cognition

Suggested Readings:

1. Baron R, Byrne D, Branscombe N (2014), *Social Psychology*, 13th edition, Pearson Publications, New Delhi
2. Baron R, Byrne D, Branscombe N, Bharadwaj G (2009), *Social Psychology*, Indian adaptation, Pearson, New Delhi
3. Das, J.P. (1998) *The working Mind*. Sage Publication india Pvt. Ltd, New Delhi.
4. Daniel, K. (2011) *Thinking fast and slow* Farrar, Straus and Giroux.
5. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
6. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
7. Natu S.A, Vaidya A, Rajhans M (2012), *Samajik Manasshastra*, , Pearson Publications, New Delhi
8. Pollan, M. (2018) *How to change your mind*, Allen Lane.
9. Richlove, J (2015) *Mind Management*.
10. Taylor, Pepleau and Sears (2005), *Social Psychology*, 12th edition, Pearson, New Delhi

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(स्वायत्त)

Title of the Course: Mind Management								
Year: I				Semester: I				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
OE-01	OE-PY-01T	02	00	02	30	15	35	50

अध्ययन उद्दिष्टे:

1. विद्यार्थ्यांना मानवी मनाच्या स्वरूपाशी परिचित करणे.
2. विद्यार्थ्यांना मानवी वर्तनाच्या प्रक्रियेशी अवगत करणे.
3. मन व्यवस्थापनाची कौशल्ये विकसीत करणे.

कोर्स निष्पत्ती:

1. मानवी मानाविषयी जाणीव विकसीत करणे.
2. विविध भाव-भावनांबाबत जाणीव विकसीत करणे.
3. 'मन-शरीर' संकल्पनेबाबत जाणीव विकसीत करणे.

सविस्तर अभ्यासक्रम:

युनिट 1: मानवी मनाचा परिचय

(08)

- 1.1 मन म्हणजे काय?, स्वरूप आणि शास्त्र
- 1.2 मनाच्या पातळ्या: बोध, अर्धबोध, अबोध
- 1.3 मन व्यवस्थापन म्हणजे काय, मन-व्यवस्थापनाने जीवनात कशी सुधारणा होते
- 1.4 माइंडफुलनेस

युनिट 2: भावना

(08)

- 2.1 व्याख्या, स्वरूप आणि भावनेचे महत्व
- 2.2 मूलभूत भावना: आनंद, उत्साह, कोमलता, दुःख, राग, भीती आणि प्रेम
- 2.3 भावनिक बुद्ध्यांक : व्याख्या, स्वरूप, मापन आणि भावनिक बुद्ध्यांकाचे महत्व
- 2.4 भावनिक बुद्धिमत्ता आणि भावनांचे व्यवस्थापन

युनिट 3: 'स्व' ची संकल्पना

(08)

- 3.1 स्व-संकल्पना: व्याख्या, स्वरूप आणि व्याप्ती
- 3.2 स्व-संकल्पनेचे पैलू, विचार, भावना, गरजा, अभिवृत्ती
- 3.3 भौतिक अस्तित्व: चार क्षेत्रे- शारिरीक, चेताजैविक, बोधात्मक आणि जाणीव
- 3.4 स्व-प्रकटीकरण: जोहारी विंडो, स्वॉट विश्लेषण

युनिट 4: मन-शरीर संकल्पना

(08)

- 4.1 मन-शरीर संबंध: द्वैतवाद आणि मोनिझम
- 4.2 मन-शरीर संबंधांचे शोधन (एकात्मता कौशल्य)
- 4.3 'जाणीव' संकल्पनेचे विश्लेषण
- 4.4 संवेदन आणि बोधन

Suggested Readings:

1. Baron R, Byrne D, Branscombe N (2014), Social Psychology ,13 th edition, Pearson Publications, New Delhi
2. Baron R, Byrne D, Branscombe N, BharadwajG (2009), Social Psychology, Indian adaptation, Pearson, New Delhi
3. Das, J.P. (1998) The working Mind. Sage Publication india Pvt. Ltd, New Delhi.
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7. Natu S.A, Vaidya A, Rajhans M (2012),Samajik Manasshastra, , Pearson Publications, New Delhi
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Syllabus of Open Elective: Psychology

Title of the Course: Mind Competencies								
Year: I				Semester: II				
Course Type	Course Code	Credit Distribution		Credits	Allotted Hours	Allotted Marks		
		Theory	Practical			CIE	ESE	Total
OE-02	OE-PY-02T	02	00	02	30	15	35	50

Learning Objectives:

1. To acquaint Students with personal competence, social competence and interpersonal competence.
2. To familiarize students with process developing competence.
3. To develop the skill of managing mind through developing competence.

Course Outcomes (Cos) after completion the course students will

1. Develop insight in personal goals, positive traits and materialism
2. Familiarize students with of mind management.
3. Develop the skill of managing mind through Self-programming strategies.

Unit 1: Personal Goals, Positive Traits and Life Above Zero (08)

- 1.1 What are personal goals? The Search for Universal Human Motives, Materialism and its Contents
- 1.2 What makes a trait positive? Personality, Emotions and Biology
- 1.3 Positive Beliefs, Virtue
- 1.4 Knowing one's strengths and character

Unit 2: Mind Competencies and Self-Programming Strategies-I (08)

- 2.1 Locus of Control, Types of Louses of control
- 2.2 Positive Affirmation, Affirmation Cards
- 2.3 Mental Diet: Overcoming Social Anxiety, Developing Self-Awareness
- 2.4 Removing Negative Thoughts, Developing Positive Thinking

Unit 3: Mind Competencies and Self-Programming Strategies-II (08)

- 3.1 Goals Setting, Meditation, Release Fears
- 3.2 Positive Visualizations, Visualizing Success
- 3.3 Power of Meditation
- 3.4 Discover the Power Within: Learn how to harness the potentials of your mind to create a fulfilling and purposeful life

Unit 4: Mind Management and Self-Programming Strategies-III

(08)

- 4.1 Cultivating Emotional Resilience: Develop the ability to bounce back from life's Challenges and maintain mental well-being
- 4.2 Overcoming Stress and Anxiety: Acquire practical techniques to manage stress, anxiety and negative emotions effectively
- 4.3 Break Free from Addictive Behaviors: Learn Strategies to overcome addictive behaviors and regain control over mind and actions
- 4.4 Master the Art of Self-Discipline: Develop self-discipline and time management skills to transform procrastination into productivity

Suggested Readings/Material:

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. Dowling, M. (2001). *Young children's personal, social and emotional development*. London: SAGE publication Inc.
4. Elliot, Andrew & Dwrck, Carol. (2005). *Competence and Motivation: Competence as the core of Achievement Motivation*. Handbook of Competence and Motivation.
5. Goleman, D. (1995). *Emotional Intelligence*. New York: Bantam Book.
6. Goleman, D. (1998). *Working with Emotional Intelligence*. New York: Bantam Books.
7. Mallinckrodt, B. & Wei, Meifen (2005). Attachment, social competencies, social support, and psychological distress. *Journal of counselling psychology*. 52, (3), 358-367.
8. Malti, T. & Perren, S. (2008). *Social competence and adolescents: Developmental process and prevention approaches*. Stuttgart, Germany: Kohlhammer.
9. Mayer, J. D., P. Salovey, & D. Caruso. (2004). Emotional intelligence: Theory, findings, and implications. *Psychological Inquiry* 15, no. 3: 197-215.
10. Mayer, J. D., Salovey, P. & Caruso, D.R.(2000). Models of emotional intelligence. In R.J. Sternberg (Ed.), *Handbook of intelligence (pp.396-420)* Cambridge, England: Cambridge University Press.
11. Rose-Krasnor L. (1997). The nature of social competence: A theoretical review. *Social Development*, 6:111-135.
12. Singh, D. (2003). *Emotional Intelligence at Work (2nd ed.)*. New Delhi: Response Books.

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		Theory	Practical			CIE	ESE	Total
OE-02	OE-PY-02T	02	00	02	30	15	35	50

अध्ययन उद्दिष्टे:

1. विद्यार्थ्यांना व्यक्तीगत सक्षमता, सामाजिक सक्षमता, आंतव्यक्तीक सक्षमता ई.बाबत अवगत करणे.
2. विद्यार्थ्यांना प्रक्रियेशी परिचित करणे.
3. मन व्यवस्थापनाद्वारे सक्षमता विकसनाची कौशल्ये विकसीत करणे.

कोर्स निष्पत्ती:

1. व्यक्तीगत ध्येये, सकारात्मक गुणतत्व आणि भौतिकतावादाबाबत मर्मदृष्टी विकसीत करणे.
2. विद्यार्थ्यांना मन व्यवस्थापनाशी परिचित करणे.
3. स्व-आज्ञावली रणनितीद्वारे मन-व्यवस्थापन कौशल्ये विकसीत करणे .

सविस्तर अभ्यासक्रम:

युनिट 1: व्यक्तीगत ध्येये, सकारात्मक गुणतत्व आणि शून्यापलीकडील जीवन (08)

- 1.1 व्यक्तीगत ध्येये म्हणजे काय?, सार्वत्रीक मानवी गरजांचा शोध, भौतिकतावाद आणि त्याचे घटक
- 1.2 गुण तत्व सकारात्मक कसे बनतात? व्यक्तीमत्व, भावना आणि जीवशास्त्र
- 1.3 सकारात्मक विश्वास, सदाचार
- 1.4 व्यक्तीगत बलस्थाने आणि चारित्र्य यांची जाणीव

युनिट 2: मन व्यवस्थापन आणि स्व-आज्ञावली रणनिती – I (08)

- 2.1 स्व-नियंत्रण केंद्र , स्व नियंत्रण केंद्राचे प्रकार
- 2.2 सकारात्मक स्वयं सूचन, स्वयं सूचन कार्ड्स
- 2.3 मानसीक आहार : सामाजिक चिंतेवर मात, स्व जाणीव विकसन
- 2.4 नकारात्मक विचार काढून टाकणे, सकारात्मक विचार विकसन

युनिट 3: मन व्यवस्थापन आणि स्व-आज्ञावली रणनिती – II (08)

- 3.1 ध्येय निश्चिती, ध्यान धारणा, भितीपासून सुटका
- 3.2 सकारात्मक कल्पनाशक्ती, यशाची कल्पना करणे
- 3.3 ध्यान धारणेचे सामर्थ्य / शक्ती
- 3.4 आपल्या आतील सामर्थ्य / शक्ती ओळखणे: परीपूर्ण आणि अर्थपूर्ण जीवनासाठी मनाला सुप्त गुणांच्या शोधासाठी जुंपणे कसे शिकावे?

युनिट 4: मन व्यवस्थापन आणि स्व-आज्ञावली रणनीती – III

(08)

4.1 भावनिक स्थिती-स्थापकतेचे संस्कार : जीवनातील आव्हानाना पेलण्याची क्षमता विकसीत करणे आणि मानसीक खुशाली राखणे

4.2 ताण व चिंतेवर मात: ताण, चिंता आणि नकारात्मक भावना यांच्या व्यवस्थापना साठी प्रात्यक्षिक तंत्रे संपादन करणे.

4.3 व्यसनाधीन वर्तन निर्मूलन: व्यसनाधीनतेवर मात करण्याच्या रणनीती शिकणे आणि मन व कृतींवर नियंत्रण पुनर्स्थापन करणे.

4.4 स्वयं-शिस्तीच्या कलेतील नैपुण्य: दिरंगाईस उत्पादनशीलतेत बदलण्यासाठी स्वयं शिस्त आणि वेळेचे नियोजन कौशल्ये विकसीत करणे

Suggested Readings/Material:

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. Dowling, M. (2001). *Young children's personal, social and emotional development*. London: SAGE publication Inc.
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10. Mayer, J. D., Salovey, P. & Caruso, D.R.(2000). Models of emotional intelligence. In R.J. Sternberg (Ed.), *Handbook of intelligence (pp.396-420)* Cambridge, England: Cambridge University Press.
11. Rose-Krasnor L. (1997). The nature of social competence: A theoretical review. *Social Development*, 6:111-135.
12. Singh, D. (2003). *Emotional Intelligence at Work (2nd ed.)*. New Delhi: Response Books.