



M. C. E. Society's

Abeda Inamdar Senior College

Of Arts, Science and Commerce, Camp, Pune-1

(Autonomous) Affiliated to Savitribai Phule Pune University

NAAC accredited 'A' Grade

FACULTY OF HUMANITIES

Syllabus as Per NEP Guidelines

F.Y.B.A Psychology Syllabus (NEP 2026 Pattern)

Academic Year 2026-2027

(W.E.F JUNE 2026-2027)

**BA Psychology Syllabus as per NEP Guidelines
NEP 2026 Pattern (W.E.F 2026-2027)**

Semester	Nature of Subject	Course Code	Title of The Paper	Credits	Lecture Hours
I	Major I	26ABPS11MM	Psychology: An Introduction	04	60
I	Major II	26ABPS12MM	Foundations of Social Psychology	02	30
I	Minor	26ABPS11MN	Psychology: As an Art and Science	04	60
I	OE	26ABPS11OE	Introduction To Psychology	04	60
II	Major I	26ABPS21MM	Basic Cognitive Processes	04	60
II	Major II	26ABPS22MM	Applied Social Psychology	02	30
II	VSC	26ABPS11VS	Self-Development	02	30
II	Minor	26ABPS21MN	Learning and Cognition in Psychology	04	60
II	OE	26ABPS21OE	Emotional Intelligence and Social Skills	02	30
II	SEC	26ABPS11SE	Personality Development	02	30

F. Y. B.A Psychology Major Paper I**Semester I**

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Psychology – An Introduction
Nature of Course	Major Mandatory
Course Code	26ABPS11MM
Semester	I
No. of Credits	4
No. of teaching hours	60 (One Lecture of 6

PSO	Programme Specific Outcomes
PSO 1	Introduce Psychology as a discipline and branch of knowledge to students
PSO 2	Help students to understand the basic psychological processes and their applications in day to day life.
PSO 3	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
PSO 4	To equip students with basic self-help skills (psychological and social)
PSO 5	To create awareness about career opportunities and future academic pathways in the field of Psychology

CO. No.	Cognitive Level	Course Outcomes
1.	Remembering	Recall basic concepts, terminology, goals, and key contributors related to Psychology as a scientific discipline.
2.	Understanding	Explain fundamental psychological processes, perspectives, and biological bases of behaviour, and describe their relevance to everyday functioning.
3.	Applying	Describe scientific methods used in Psychology and explain how psychological knowledge contributes to understanding individual and social behaviour.
4.	Analyzing	Apply psychological concepts and principles to everyday situations involving motivation, emotion regulation, personality understanding, wellbeing, and interpersonal adjustment.
5.	Evaluating	Differentiate between major psychological perspectives and approaches, and analyze their usefulness in addressing behavioural and social issues.
6.	Creating	Apply basic psychological understanding for self-reflection, self-help, and identification of suitable career options and academic pathways in Psychology

**AISC BA Psychology Syllabus w.e.f 2026-2027
Syllabus**

Unit No.	Title with Contents	No. of Lectures (60)
I	The Science of Psychology	15
	i. Psychology: Science, goals of psychology, professionals in Psychology ii. Brief history & perspectives of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Cognitive) iii. Understanding Behaviour through Methods in Psychology – Observation, Experimental, Survey, Case Study iv. Indian Psychology: Past and present v. Application: Career Avenues in Various fields of Psychology	
II	Biological Foundation of Behaviour	15
	i. Neuron – Structure and Function ii. Neurotransmitters: Serotonin, Dopamine, GABA, Acetylcholine iii. Nervous system- Central Nervous System (CNS- Brain, Spinal Cord), Peripheral Nervous System (Autonomous Nervous System (ANS), Somatic) iv. Glandular System : Pituitary, Thyroid, Parathyroid, Adrenal, Gonads v. Applications– Clinical Study of Brain: Techniques and New Trends	
III	Motivation and Emotion	15
	i. Definition of motivation, concept of homeostasis, Maslow’s hierarchy of needs ii. Types of motives – Physiological, Psychological and Social iii. Frustration and conflict (types) iv. Emotion – Definition, Elements of emotion, basic emotions v. Application: Being happy	
IV	Personality	15
	i. Nature, Definition and Misconceptions ii. Freud’s Psychoanalytical Theory of Personality iii. Trait Approaches to Personality: Allport’s approach, Cattell’s 16PF, McCrae and Costa Big-5 iv. Assessment Techniques – Behavioural, Projective and Self Report Inventories (NEO-FFi, 16PF) v. Applications: SWOT Analysis	

Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition).
Pearson.

Feldman R. S.(2015). Understanding Psychology (12th Ed.) New Delhi : Tata Mc Graw Hill.

References

Passer, M. and Smith, R. (2019). *Psychology: The Science of Mind and Behaviour* (3rd Ed).
McGraw-Hill Education (Australia) Pty Ltd. ISBN: 9781760422790

F. Y. B.A Psychology Major Paper II

Semester I

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Foundations of Social Psychology
Nature of Course	Major Mandatory
Course Code	26ABPS12MM
Semester	I
No. of Credits	2
No. of teaching hours	30 (One Lecture of 60 Minutes)

PSO	Programme Specific Outcomes
PSO 1	To introduce students to Social Psychology as a discipline, including its scope, approaches, and relevance in the Indian context.
PSO 2	To enable students to understand individual-level social psychological processes such as self, attitude, social cognition, and prejudice.
PSO 3	To develop insight into interpersonal processes including attraction, prosocial behaviour, and aggression.
PSO 4	To foster scientific and critical understanding of social behaviour and its determinants.
PSO 5	To encourage the application of social psychological principles for personal growth, social harmony, and responsible citizenship.

CO. No.	Cognitive Level	Course Outcomes
1.	Remembering	Define key concepts, terms, and historical developments in Social Psychology.
2.	Understanding	Explain major social psychological approaches, levels of social behaviour, and processes such as social cognition, self-concept, attitude formation, and prejudice.
3.	Applying	Describe interpersonal processes including attraction, love, prosocial behaviour, and aggression, along with their psychological bases.
4.	Analyzing	Analyze social behaviour by examining factors influencing attitudes, prejudice, aggression, and interpersonal interactions.
5.	Evaluating	Apply principles of Social Psychology to everyday situations related to overcoming prejudice, managing aggression, delaying gratification, and promoting prosocial behaviour.
6.	Creating	Use social psychological understanding to interpret social issues in the Indian context and reflect on one's own social behaviour and interactions.

AISC BA Psychology Syllabus w.e.f 2026-2027

Syllabus

Unit No.	Title with Contents	No. of Lectures
Unit I	Introduction to Social Psychology	10
	i. Definition, history and scope of social psychology ii. Levels of social behaviour and approaches iii. Social Cognition and Social Perception iv. Application: Social Psychology in India	
Unit II	Individual Level Processes	10
	i. Self –Concept: Nature, Self-regulation and self-presentation, Gender and Gender Identity ii. Attitude: Definition, components, Dimensions and formation of attitude iii. Prejudice: Causes. iv Application: Overcoming Prejudice	
Unit III	Interpersonal processes	10
	i. Interpersonal attraction, love ii. Pro-social behaviour iii. Aggression: Meaning, Nature and causes of Aggression iv. Application: Delaying Gratification and Impulse Control Practices	

Books for reading:

Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2017). Social Psychology. (14th Ed.). New Delhi: Pearson Education

References:

Myers, D. G. (2017). Social Psychology. (14th Ed.), McCraw- Hill Education.

F. Y. B.A Psychology Minor I

Semester I

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Psychology: An Art and Science
Nature of Course	Minor
Course Code	26ABPS11MN
Semester	I
No. of Credits	4
No. of teaching hours	60

PSO	Programme Specific Outcome
PSO 1	Introduce Psychology as a discipline and branch of knowledge to students
PSO 2	Help students to understand the basic psychological processes and their applications in day to day life.
PSO 3	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
PSO 4	To equip students with basic self-help skills (psychological and social)
PSO 5	To enhance critical thinking, observation, and interpersonal skills essential for understanding human behaviour in diverse settings.

CO. No.	Cognitive Level	Course Outcomes
1.	Remembering	Will be able to define and explain basic concepts in Psychology, Motivation, Frustration, Emotions and Personality
2.	Understanding	Will be able to explain, describe, compare and summarize the various theories and types in Psychology, Motivation, Frustration, Emotions and Personality
3.	Applying	Will be able to analyze the theories and give personal responses to critical analysis questions
4.	Analyzing	Will be able to demonstrate the applications of the concepts with examples in day to day life settings
5.	Evaluating	Will be able to conduct SWOT analysis and display self-awareness as applied to professional settings.
6.	Creating	Will be able to design a personal self-development or wellbeing plan by integrating psychological concepts learned

**AISC BA Psychology Syllabus w.e.f 2026-2027
Syllabus**

Unit No.	Title with Contents	No. of Lectures (60)
I	The Science of Psychology	15
	<ul style="list-style-type: none"> i. Psychology: Science, goals of psychology, professionals in Psychology, misconceptions about Psychology ii. Understanding Behaviour through Methods in Psychology – Observation, Experimental, Survey, Case Study, Qualitative study iii. Indian Psychology: Past and present iv. Application: Various fields of Psychology 	
II	Motivation	15
	<ul style="list-style-type: none"> i. Definition of motivation, concept of homeostasis, Maslow’s hierarchy of needs ii. Types of motives – Physiological, Psychological and Social iii. Frustration and conflict (types) iv. Application: Being happy 	
III	Emotions	15
	<ul style="list-style-type: none"> i. Definition of Emotion, the three elements, display rules, basic emotions ii. Theories of Emotion: Cannon-Bard, James-Lange, Schacter & Singer iii. The Concept of Emotional Intelligence: Definition, Models by Mayer-Salovey and Goleman iv. Importance of Emotions and Being Happy 	
IV	Personality	15
	<ul style="list-style-type: none"> i. Nature, Definition and Misconceptions ii. Freud’s Psychoanalytical Theory of Personality iii. Trait Approaches to Personality: Allport’s approach, Cattell’s 16PF, McCrae and Costa Big-5 iv. Applications: SWOT Analysis 	

Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition).
Pearson.

Feldman R. S.(2015). Understanding Psychology (12th Ed.) New Delhi : Tata Mc Graw Hill.

References

Passer, M. and Smith, R. (2019). *Psychology: The Science of Mind and Behaviour* (3rd Ed).
McGraw-Hill Education (Australia) Pty Ltd. ISBN: 9781760422790

AISC BA Psychology Syllabus w.e.f 2026-2027
F. Y. B.A Psychology Optional Elective I

Semester I/II/III/IV

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Introduction to Psychology
Nature of Course	Optional Elective
Course Code	23ABPS11OE
Semester	I//II/III/IV
No. of Credits	4 (2+2)
No. of teaching hours	60

PSO	Programme Specific Outcome
PSO 1	Introduce Psychology as a discipline and branch of knowledge to students
PSO 2	Help students to understand the basic psychological processes and their applications in day to day life.
PSO 3	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
PSO 4	To equip students with basic self-help skills (psychological and social)
PSO 5	To enhance critical thinking, observation, analytical ability, and interpersonal skills for understanding human behaviour in personal, social, and professional contexts.

CO	Cognitive Level	Course Outcomes
1.	Remembering	Define and explain psychology as a scientific discipline, its goals, major perspectives, and the roles of professionals in psychology.
2.	Understanding	Define, explain, and describe the concepts of motivation, frustration, and emotions along with their basic components.
3.	Applying	Explain and discuss major personality theories and apply them to understand individual behaviour.
4.	Analyzing	Analyze biological foundations of behaviour, including the role of neurons, neurotransmitters, brain systems, and stress in influencing behaviour and mental health.
5.	Evaluating	Evaluate personal strengths, weaknesses, opportunities, and challenges using psychological concepts through SWOT analysis for self-awareness and growth.
6.	Creating	Design a basic self-help or personal wellbeing plan by integrating concepts of motivation, emotion regulation, stress management, and personality for effective daily functioning.

**AISC BA Psychology Syllabus w.e.f 2026-2027
Syllabus**

Unit No.	Title with Contents	No. of Lectures (60)
I	The Science of Psychology	15
	v. Psychology: Science, goals of psychology, professionals in Psychology ii. Brief history & perspectives of Psychology: (Structuralism, Functionalism, Gestalt, Psychoanalysis, Behaviorism, Cognitive) iii. Understanding Behavior through Methods in Psychology – Observation, Experimental, Survey, Case Study iv. Application: Career Avenues in Various fields of Psychology	
II	Biological Foundation of Behaviour	15
	i. Neurons and Behaviour ii. Neurotransmitters and behavioural functions iii. Brain Systems and Behavioural Functions iv. Stress, Emotion and the Endocrine System v. Chronic stress and its effects on brain and health	
III	Motivation and Emotion	15
	i. Definition of motivation, Maslow’s hierarchy of needs ii. Frustration and conflict (types) iii. Emotion – Definition, Elements of emotion, basic emotions iv. Application: Being happy	
IV	Personality	15
	i. Nature, Definition and Misconceptions ii. Freud’s Psychoanalytical Theory of Personality iii. Trait Approaches to Personality: Allport’s approach, Cattell’s 16PF, McCrae and Costa Big-5 iv. Applications: SWOT Analysis	

Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition).
Pearson.

Feldman R. S.(2015). Understanding Psychology (12th Ed.) New Delhi : Tata Mc Graw Hill.

References

Passer, M. and Smith, R. (2019). *Psychology: The Science of Mind and Behaviour* (3rd Ed).
McGraw-Hill Education (Australia) Pty Ltd. ISBN: 9781760422790

AISC BA Psychology Syllabus w.e.f 2026-2027
F. Y. B.A Psychology Major Paper I

Semester II

(w. e. f. 2023-2024)

(NEP 2026 Pattern)

Course/ Paper Title	Basic Cognitive Processes
Nature of Course	Major Mandatory
Course Code	26ABPS21MM
Semester	II
No. of Credits	4
No. of teaching hours	60 (One Lecture of 60 Minutes)

PSO	Programme Specific Outcomes
PSO 1	To introduce students to basic cognitive processes such as sensation, attention, perception, learning, memory, intelligence, and creativity.
PSO 2	To enable students to understand fundamental cognitive processes and apply psychological principles to everyday life situations.
PSO 3	To inculcate a scientific attitude, analytical approach, and social awareness while understanding human behaviour.
PSO 4	To equip students with basic psychological and social self-help skills that promote personal adjustment and wellbeing.
PSO 5	To develop foundational critical thinking, observation, and communication skills necessary for academic growth and responsible use of psychological knowledge.

CO	Cognitive Level	Course Outcomes
1.	Remembering	Define and explain the concepts, processes, determinants, and types related to sensation, attention, perception, and illusions.
2.	Understanding	Describe the principles and laws of perceptual organization and examine their relevance in understanding everyday perceptual experiences.
3.	Applying	Define learning and explain major theories of learning, including classical conditioning, operant conditioning, and cognitive learning theories, along with their applications.
4.	Analyzing	Explain the concept of memory, its processes, stages, and types, and analyze the causes of forgetting.
5.	Evaluating	Apply psychological principles and strategies to improve memory, learning efficiency, and adaptive behaviour in daily life.
6.	Creating	Discuss intelligence, individual differences, major theories of intelligence, and creativity, and apply creative thinking to problem-solving situations.

**AISC BA Psychology Syllabus w.e.f 2026-2027
Syllabus**

Unit No.	Title with Contents	No. of Lectures (60)
I	Sensation, Attention and Perception	15
	i. Sensation: Definition and nature ii. Attention: definition, types, determinants iv. Perception, definition, laws of perceptual organization iv. Illusions: definition and types (shape, size, geometrical) v. Application: Thinking about extra-sensory perception	
II	Learning	15
	i. Learning: Definition, types ii. Classical conditioning iii. Operant conditioning iv. Cognitive learning theories v. Application: Applications of classical and operant conditioning	
III	Memory	15
	i. Memory: Definition and process ii. Stages of memory iii. Types of memory iv. Forgetting: causes of forgetting v. Application: Improving memory	
IV	Intelligence and Creativity	15
	i. Intelligence: Definition and Basic Concepts ii. Individual Differences: Mentally Challenged and Gifted People iii. Intelligence: Theories of Intelligence (Gardner's Theory, Cattell's Theory of Intelligence) iv. Creativity: Definition, divergent and convergent thinking v. Using creativity to solve problems	

Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition). Pearson.

References

Feldman R. S.(2015). Understanding Psychology (12th Ed.) New Delhi : Tata Mc Graw Hill.

AISC BA Psychology Syllabus w.e.f 2026-2027
F. Y. B.A Psychology Major Paper II

Semester II

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Applied Social Psychology
Nature of Course	Major Mandatory
Course Code	26ABPS22MM
Semester	II
No. of Credits	2
No. of teaching hours	30 (One Lecture of 60 Minutes)

PSO	Programme Specific Outcomes
PSO 1	To help students understand key social psychological processes involved in media, crime, and the criminal justice system, using real-life examples and case studies.
PSO 2	To enable students to apply social psychological concepts to analyze media influence, violence, propaganda, and social thinking in everyday life.
PSO 3	To inculcate a scientific attitude, critical thinking, and social awareness while examining social behaviour and institutional practices.
PSO 4	To equip students with basic psychological and social self-help skills for informed decision-making, ethical judgement, and responsible citizenship.
PSO 5	To develop analytical, observational, and communication skills required to evaluate social issues, media narratives, and justice-related processes from a psychological perspective.

CO	Cognitive Level	Course Outcomes
1.	Remembering	Describe and discuss the role of social learning and situational influences in media, including imitation of violence and its psychological effects.
2.	Understanding	Analyze the influence of news media, political coverage, propaganda, and narrative framing on social thinking and attitudes.
3.	Applying	Evaluate strategies for countering media-driven violence, misinformation, and propaganda using social psychological principles.
4.	Analyzing	Explain social psychological factors and theories related to crime and criminal behaviour.
5.	Evaluating	Discuss the role of social psychology in police investigations, courtroom processes, eyewitness testimony, and judicial decision-making.
6.	Creating	Critically examine prison environments, the Stanford Prison Experiment, and prison reform initiatives using social psychological perspectives and case studies.

**AISC BA Psychology Syllabus w.e.f 2026-2027
Syllabus**

Unit No.	Title with Contents	No. of Lectures (30)
I	Applying Social Psychology to Media	15
	<ul style="list-style-type: none"> i. Social Learning and Media ii. Imitation of Violence in the media and countering its effects iii. Influence of Media on Thoughts: Political coverage iv. Propaganda and narrative: How the story is told v. Case study: Social Media Influencer 	
II	Applying Social Psychology in Criminal Justice System	15
	<ul style="list-style-type: none"> i. Crime and Criminal Behaviour: factors involved, Social Psychological Theories ii. The Police Investigation: Interview procedure and self-fulfilling prophecy iii. The courtroom: role of judges, eye witness testimony iv. Prison setting: The Stanford Prison experiment v. Case study: Prison reforms 	

Books for Reading

Gruman, J. A., Coutts, L. & Schneider, F. W. (3rd Edition) (2017). Applied social psychology: understanding and addressing social and practical problems. New Delhi: Sage Publications India Pvt. Ltd

References

Myers, D. G. (2017). Social Psychology. (14th Ed.), McCraw- Hill Education.

AISC BA Psychology Syllabus w.e.f 2026-2027
F. Y. B.A Psychology VSC

Semester II

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Self-Development
Nature of Course	VSC
Course Code	26ABPS21VS
Semester	II
No. of Credits	02
No. of teaching hours	30 (One Lecture of 60 Minutes)

PSO	Programme Specific Outcomes
PSO 1	To introduce personality development as an applied area of psychology for personal growth and self-understanding.
PSO 2	To help students gain self-insight, develop positive attitudes, and engage in planned self-improvement.
PSO 3	To enable students to apply personality development skills in everyday academic, social, and personal contexts.
PSO 4	To develop effective communication, self-presentation, and interpersonal skills essential for confidence building and social adjustment.
PSO 5	To promote emotional awareness, self-esteem, and responsible decision-making for holistic personality development.

CO	Cognitive Level	Course Outcomes
1.	Remembering	Describe and explain the five pillars of personality development, including introspection, self-assessment, self-appraisal, self-development, and self-introduction.
2.	Understanding	Demonstrate self-reflection and self-assessment skills to identify personal strengths, weaknesses, and areas for improvement.
3.	Applying	Define and explain the concept of self-esteem and differentiate between positive and negative self-esteem.
4.	Analyzing	Identify the symptoms, characteristics, and consequences of low and high self-esteem.
5.	Evaluating	Apply practical strategies and techniques to develop and maintain positive self-esteem in daily life.
6.	Creating	Formulate a realistic and personalized self-improvement plan focusing on confidence, communication skills, and emotional wellbeing, including special considerations for women.

**AISC BA Psychology Syllabus w.e.f 2026-2027
Syllabus**

Unit No.	Title with Contents	No. of Lectures (30)
I	Five Pillars of Personality Development	15
	<ul style="list-style-type: none"> i. Introspection, ii. Self- Assessment and Self-Appraisals, iii. Self-Development iv. Self-Interrogation v. Plan to improve 	
II	Developing Self-Esteem	15
	<ul style="list-style-type: none"> i. Self-esteem: definition and meaning ii. Positive and Negative Self-esteem: Symptoms and characteristics iii. Advantages of Positive self-esteem iv. Tips to achieve positive self-esteem v. Special tips for women 	

Books for Reading

Natu, S. (2022). Personality Development. Pune: Nirali Prakashan

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

References

Myers, D. G. (2017). Social Psychology. (14th Ed.), McCraw- Hill Education.

AISC BA Psychology Syllabus w.e.f 2026-2027
F. Y. B.A Psychology Minor

Semester II

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Syllabus (Semester II)

Course/ Paper Title	Learning and Cognition in Psychology
Course Code	26ABPS12MN
Semester	II
No. of Credits	4

Sr. No.	Programme Specific Outcomes
PSO 1	Introduce learning theories and basic cognitive processes to students
PSO 2	Help students to understand the basic cognitive processes and their applications in day to day life.
PSO 3	To inculcate sense of Scientific Aptitude, Approach & Social Awareness in students
PSO 4	To equip students with basic self-help skills (psychological and social)
PSO 5	To enhance critical thinking, observation, and interpersonal skills essential for understanding human behaviour in diverse settings.

CO. No.	Cognitive Level	Course Outcomes
1.	Remembering	Will be able to define learning and describe the various theories of learning, sensation, attention, perception, memory and intelligence
2.	Understanding	Will be able to define and explain concepts, processes, determinants, types related to the various learning and cognitive processes.
3.	Applying	Will be able to demonstrate and illustrate the various concepts with examples.
4.	Analyzing	Will be able to explain and describe the various concepts and theories with appropriate critical analysis
5.	Evaluating	Will be able to demonstrate insight in own and other's learning, perceptual and memory processes, along with Intelligence and creativity

Syllabus

Unit No.	Title with Contents	No. of Lectures (60)
I	Learning	15
	i. Learning: Definition, types ii. Classical conditioning iii. Operant conditioning iv. Cognitive learning theories v. Application: Applications of classical and operant conditioning	
II	Sensation, Attention and Perception	15
	i. Sensation: Definition and nature ii. Attention: definition, types, determinants iii. Perception, definition, laws of perceptual organization iv. Illusions: definition and types (shape, size, geometrical) v. Application: Thinking about extra-sensory perception	
III	Memory	15
	i. Memory: Definition and process ii. Stages of memory iii. Types of memory iv. Forgetting: causes of forgetting v. Application: Improving memory	
IV	Intelligence and Creativity	15
	i. Intelligence: Definition and Basic Concepts ii. Individual Differences: Mentally Challenged and Gifted People iii. Intelligence: Theories of Intelligence (Gardner's Theory, Cattell's Theory of Intelligence) iv. Creativity: Definition, divergent and convergent thinking v. Using creativity to solve problems	

Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition). Pearson.

References

Atkinson & Hilgard's Introduction to Psychology. Cengage Learning: New Delhi.

Baron, R. and Misra, G. (2016). Psychology: Indian Subcontinent Edition. Noida: Pearson

Feldman R. S.(2015). Understanding Psychology (12th Ed.) New Delhi : Tata Mc Graw Hill.

Nolen-Hoeksema, S., Fredrickson, B. L., Loftus, G. R., & Wagenaar, W. A. (2009).

F. Y. B.A Psychology Optional Elective II

Semester II

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	OE -2: Emotional Intelligence and Social Skills
Nature of Course	Optional Elective
Course Code	26ABPS2OEA
Semester	II
No. of Credits	2
No. of teaching hours	30 (One Lecture of 60 Minutes)

PSO	Programme Specific Outcomes
PSO 1	Introduce concept of Emotional Intelligence and practical applications of the same
PSO 2	Help students understand how social and emotional processes such as emotions, self-concept, self-esteem, and self-regulation function in personal and social contexts.
PSO 3	Equip students with basic psychological self-help skills including emotional regulation, self-motivation, positive self-esteem building, and effective social functioning.
PSO 4	Develop students' ability to reflect on their own emotions, behaviours, and social interactions in order to enhance self-awareness and personal growth.
PSO 5	Enable students to make informed and healthy personal and social choices by applying principles of emotional intelligence and social skills to daily life situations.

CO	Cognitive Level	Course Outcomes
1.	Remembering	Will be able to define and recall the concepts, theories, models, and types of intelligence and emotional intelligence, including basic emotions
2.	Understanding	Will be able to explain and describe emotional intelligence models, social processes, self-concept, self-regulation, and self-esteem with appropriate real-life examples
3.	Applying	Will be able apply emotional and social skills such as emotion regulation, humour, distancing, RULER skills, and techniques for developing positive self-esteem in everyday situations
4.	Analyzing	Will be able to analyze personal and social experiences in terms of emotions, self-motivation, self-management, and patterns of positive and negative self-esteem.
5.	Evaluating	Will be able to evaluate the effectiveness of different emotional regulation strategies , self-help techniques, and self-esteem enhancement methods for improving emotional wellbeing and social adjustment.
6.	Creating	Will be able to design simple, personalized self-help plans or strategies for emotional regulation, self-motivation, and development of positive self-esteem using principles of emotional intelligence and social Psychology.

AISC BA Psychology Syllabus w.e.f 2026-2027

Syllabus

Unit No.	Title with Contents	No. of Lectures (30)
I	Emotional Intelligence	15
	i. Emotions: Definition, basic emotions ii. Emotional Intelligence: Definitions and Models: Ability, Mixed, Trait iii. Measurement of EI iv. Skills: RULER, Distancing, Humour v. REBT	
II	Social Processes and Skills	15
	i. Social Psychology, levels of social behaviour ii. Self –Concept: Nature, Self-regulation and self-presentation, iii. Self-esteem: definition and meaning iv. Positive and Negative Self-esteem: Symptoms and characteristics v. Tips to achieve positive self-esteem	

Books for Reading

Ciccarelli, S. K.; White J. N. Adapted by Girishwar Misra (2018). Psychology (5th Edition).
Pearson.

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

References

Myers, D. G. (2017). Social Psychology. (14th Ed.), McCraw- Hill Education.

AISC BA Psychology Syllabus w.e.f 2026-2027
F. Y. B.A Psychology SEC

Semester II

(w. e. f. 2026-2027)

(NEP 2026 Pattern)

Course/ Paper Title	Personality Development
Nature of Course	SEC
Course Code	26ABPS21SE
Semester	II
No. of Credits	2
No. of teaching hours	30 (One Lecture of 60 Minutes)

PSO	Programme Specific Outcomes
PSO 1	To introduce personality development as an applied area of psychology for personal growth and self-understanding.
PSO 2	To help students gain self-insight, develop positive attitudes, and engage in planned self-improvement.
PSO 3	To enable students to apply personality development skills in everyday academic, social, and personal contexts.
PSO 4	To develop effective communication, self-presentation, and interpersonal skills essential for confidence building and social adjustment.
PSO 5	To promote emotional awareness, self-esteem, and responsible decision-making for holistic personality development.

CO	Cognitive Level	Course Outcomes
1.	Remembering	Describe and explain the five pillars of personality development, including introspection, self-assessment, self-appraisal, self-development, and self-introduction.
2.	Understanding	Demonstrate self-reflection and self-assessment skills to identify personal strengths, weaknesses, and areas for improvement.
3.	Applying	Define and explain the concept of self-esteem and differentiate between positive and negative self-esteem.
4.	Analyzing	Identify the symptoms, characteristics, and consequences of low and high self-esteem.
5.	Evaluating	Apply practical strategies and techniques to develop and maintain positive self-esteem in daily life.
6.	Creating	Formulate a realistic and personalized self-improvement plan focusing on confidence, communication skills, and emotional wellbeing, including special considerations for women.

Syllabus

Unit No.	Title with Contents	No. of Lectures (30)
I	Five Pillars of Personality Development	15
	<ul style="list-style-type: none"> i. Introspection, ii. Self- Assessment and Self-Appraisals, iii. Self-Development iv. Self-Interrogation v. Plan to improve 	
II	Developing Self-Esteem	15
	<ul style="list-style-type: none"> i. Self-esteem: definition and meaning ii. Positive and Negative Self-esteem: Symptoms and characteristics iii. Advantages of Positive self-esteem iv. Tips to achieve positive self-esteem v. Special tips for women 	

Books for Reading

Natu, S. (2022). Personality Development. Pune: Nirali Prakashan

Wallace, H. R. & Masters, L. A. (2006). Personality Development. Cengage Learning

References

Myers, D. G. (2017). Social Psychology. (14th Ed.), McCraw- Hill Education.