

Hindi Vidya Prachar Samiti's Ramniranjan Jhunjhunwala College of Arts,
Science & Commerce (Empowered Autonomous College)

S.Y.B.A. Psychology Syllabus Semester III & IV



Hindi Vidya Prachar Samiti's

RAMNIRANJAN

**JHUNJHUNWALA COLLEGE OF
ARTS, SCIENCE & COMMERCE**

(EMPOWERED AUTONOMOUS COLLEGE)

Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for the S.Y.B.A.

Program: B.A. PSYCHOLOGY

Program Code: RJAUPSY

National Education Policy (NEP 2020)

Level 5.0

Revised Syllabus

(CBCS 2026-2027)

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S.Y.B.A. Psychology Syllabus Semester III & IV

Generic / Open Elective Course (offered to Other Faculty Students):				
NEP-2020 Vertical	Course Code	Semester III	Semester IV	Credits
Generic/Open Elective	RJOECPSY231 & RJOECPSY241	Psychology of Food	Emotional Intelligence	03

DISTRIBUTION OF TOPICS AND CREDITS

SEMESTER III
Generic/Open Elective:

(To be included in the basket of Open Electives offered to students of Other Faculty)

Course Code	Nomenclature	Credits	Topics
RJOECPSY231	Psychology of Food	03	1. Food & Feelings 2. Food & Health 3. Food Choice & Social Influence

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DISTRIBUTION OF TOPICS AND CREDITS

SEMESTER IV

Generic/Open Elective:

(To be included in the basket of Open Electives offered to students of Other Faculty)

Course Code	Nomenclature	Credits	Topics
RJOECPSY241	Emotional Intelligence	03	1. Fundamentals of Emotional Intelligence 2. Emotional Competence 3. Social Competence

Learning Objectives & Course Outcomes

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Open/Generic Elective Course III (for other faculty students):

Psychology of Food

Semester	:	III
Title of the Course	:	Psychology of Food
Course Code	:	RJOECPSY231
Credits	:	03
Duration	:	45 Lecture Hours
LEARNING OBJECTIVES		
1.	Understand how feelings and food habits are psychologically interlinked.	
2.	Outline the aspects of food consumption associated with physical & mental health.	
3.	Discuss the aspects of social influence impacting food consumption.	
COURSE LEARNING OUTCOMES		
On completing the course, the student will be able to:		
CLO1	Examine the interrelation between emotions-feelings and food habits.	
CLO2	Illustrate the association between aspects of physical & mental health and food consumption.	
CLO3	Investigate the social factors influencing food consumption.	

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SEMESTER III		L	CR
Open Elective Course: Psychology of Food	Paper Code : RJOECPSY231	45	03
Unit I: Food & Feelings		15	
1. Mood, Emotions & Food Choice			
2. Food Neophobia			
3. Food Cravings			
Unit II: Food & Health		15	
1. Biological Influences on Energy Intake			
2. Dieting & its Consequences			
3. Anorexia Nervosa, Bulimia nervosa & Binge eating disorder			
Unit III: Food Choice & Social Influence		15	
1. Role of context in Food Choice, Acceptance & Consumption			
2. Impact of advertising on Food Choice			

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3. Impact of Optimistic Bias on Dietary Behaviour		
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EVALUATION (TOTAL 75 MARKS PER SEMESTER)

Pattern: 25-50 (25 Marks Internal Assessment, 50 Marks Semester End Exam)

Internal Assessment (Total 25 Marks):

- One Internal Assessment (IA) will be conducted of 25 marks.
- Modes of Evaluation: Essay Assignment / Open Book Test / Individual or Group Presentations / Discussions (to critically analyze and discuss research findings) / Projects / MCQs / Movie Screening – Report or Group Discussion / Debate

Semester End Examination (Total 50 Marks):

- Four questions will be asked – one from each unit respectively (10 Marks each); & Two Short notes (05 Marks each) (total four short notes will be asked, one from each unit).
- Each question will have internal option(s).

Question No.	Unit	Internal Option	Max. Marks
1.	I	A) _____ or B) _____	10
2.	II	A) _____ or B) _____	10

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3.	III	A) _____ or B) _____	10
4.	IV	A) _____ or B) _____	10
5.	I to IV (attempt any 2)	A) _____ B) _____ C) _____ D) _____	10

Reference Books:

Ogden, J. E. (2018). *The Psychology of Dieting*. Routledge.

Shepherd, R., & Raats, M. (Eds.). (2010). *The Psychology of Food Choice*. CABI.

National Institute of Mental Health. (2007). *Eating Disorders*. U.S.

Department of Health and Human Services.

S.Y.B.A. Psychology Syllabus Semester III & IV

Learning Objectives & Course Outcomes

Open/Generic Elective Course IV (for other faculty students):

Emotional Intelligence

Semester	:	IV
Title of the Course	:	Emotional Intelligence
Course Code	:	RJOECPSY241
Credits	:	03
Duration	:	45 Lecture Hours
LEARNING OBJECTIVES		
1.	Grasp the significance of Emotional Intelligence through various theoretical models.	
2.	Explain the components of Emotional Competence including awareness, expression, regulation, and management of emotions.	
3.	Illustrate the role of emotional intelligence in developing social competence.	
COURSE LEARNING OUTCOMES		
On completing the course, the student will be able to:		

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CLO1	Identify the significance of Emotional Intelligence through various theoretical models.
CLO2	Apply the aspects of awareness, expression, regulation, and management of emotions.
CLO3	Use the applications of Emotional Intelligence in social awareness, relationships, and leadership.

SEMESTER IV		L	CR
Open Elective Course: Emotional Intelligence	Paper Code : RJOECPSY241	45	03
Unit I: Fundamentals of Emotional Intelligence		15	
1. Introduction: Nature & Significance of Emotional Intelligence			
2. Models of Emotional Intelligence			
3. The reality and myths about Emotional Quotient or EQ			
Unit II: Emotional Competence		15	
1. Emotional-Awareness: Neurological, Psychological, & Social Aspects			
2. Emotional Expression, Understanding, & Regulation			

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3. Management of Emotion; Emotional Intelligence and Stress Management		
Unit III: Social Competence	15	
1. Social Awareness: Others' Perspectives, Empathy, & Compassion		
2. Relationship Management: Communication, Teamwork, & Conflict Resolution		
3. Emotional Intelligence for Effective Leadership		

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Question No.	Unit	Internal Option	Max. Marks
1.	I	A) _____ or B) _____	10
2.	II	A) _____ or B) _____	10
3.	III	A) _____ or B) _____	10
4.	IV	A) _____ or B) _____	10
5.	I to IV (attempt any 2)	A) _____ B) _____ C) _____ D) _____	10

Reference Books:

Bar-On, R., & Parker, J. D. A. (2000). *Handbook of Emotional Intelligence: The theory and practice of Development, Evaluation, Education, and Implementation - at Home, School, and in the Workplace*. Jossey-Bass.

Goleman, D. (2005). *Emotional Intelligence: Why it can matter more than IQ*

(10th ed.). Bantam. Singh, D. (2015). *Emotional Intelligence at Work: A*

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Professional Guide. Sage Response.

**FORMAT FOR SUBMISSION OF PROJECT / FIELD OR INDUSTRIAL VISIT
REPORTS**

Name of the Department: Paper: _ Course Code:

Name of the Student: Roll No: _ Div: Date: Type of

Assessment:

Marks: / 20

Detailed rubric will be shared by the respective course instructor when project / field or industrial visit is a part of the internal assessment.

The following front page (will be given by the Department) is to be attached

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H. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)
Hindi Vidya Prachar Samiti, RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce
Opposite Shaligram Railway Station, Ghatkopar (West), Mumbai - 400085, Maharashtra, INDIA.
Website: www.hvpsamiti.edu.in Email: hvpsamiti@rediffmail.com hvpsamiti@gmail.com hvpsamiti@yahoo.co.in
Established & Empowered under Section 22-A of the U.P. Act, 1964
Affiliated to UNIVERSITY OF MUMBAI & NAAC B+ Accredited in Grade 2006A, 2008.

FIELD PROJECT REPORT SUBMITTED
BY

NAME :

CLASS :

ROLL NUMBER :

YEAR :

Signature of Teacher in charge /HOD

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