

## M. A./M. Sc. Second Semester

### POSITIVE PSYCHOLOGY

Course Code: PSY OE225

Credit: 02

#### Objectives and Teaching Methods

The course of Positive Psychology aims to make familiar the students with the new field of psychological inquiry which focuses on the scientific study of the nature and dynamics of human potentials as a significant aspect of human personality and functioning as well as the multifarious implications of techniques based on the assumptions of positive Psychology. The lecture, demonstration, tutorial, home assignment and group discussion methods will be the used for teaching and learning.

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|---------------|----------------------------------------------|-----------------|
| <b>Unit I</b> | <b>The discipline of Positive Psychology</b> | <b>05 Hours</b> |
|---------------|----------------------------------------------|-----------------|

1. Past, present and future of Positive Psychology,
2. Classifying strengths of character,
3. Positive Psychology Applications

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|----------------|------------------------------|-----------------|
| <b>Unit II</b> | <b>Identifying Strengths</b> | <b>05 Hours</b> |
|----------------|------------------------------|-----------------|

1. Positive Psychology and deconstructing the illness ideology and the DSM: Illness ideology of DSM, the social deconstruction of DSM, The Intellectual Deconstruction of the DSM: An Examination of Faulty Assumptions, Beyond the Illness Ideology and the DSM,
2. Widening the diagnostic focus: Labeling, Distinctiveness, and Deindividuation, Basic Proposition, Labeling and the Fundamental Negative Bias

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|-----------------|-------------------------------------------------|-----------------|
| <b>Unit III</b> | <b>Positive Psychology across the Life Span</b> | <b>05 Hours</b> |
|-----------------|-------------------------------------------------|-----------------|

1. Positive Psychology for children and adolescents: Development, prevention and promotion,
2. Positive Youth Development: Components and methods

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|----------------|--------------------------------------------------|-----------------|
| <b>Unit IV</b> | <b>Emotional Approach in Positive Psychology</b> | <b>05 Hours</b> |
|----------------|--------------------------------------------------|-----------------|

1. Subjective Well-Being: Meaning, theoretical approaches, measurement and correlates,
2. The Positive Psychology of emotional intelligence: Current Model of Emotional Intelligence, Measuring Emotional Intelligence,

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|---------------|----------------------------------------------------------------------|-----------------|
| <b>Unit V</b> | <b>Cognitive and Interpersonal Approaches in Positive Psychology</b> | <b>05 Hours</b> |
|---------------|----------------------------------------------------------------------|-----------------|

1. Cognitive Approach: Optimism and self-efficacy,
2. Interpersonal Approach: Empathy and altruism

#### Readings

##### Essential Reading:

1. Snyder, C. R. & Lopez, S. J. (2009). Oxford Handbook of Positive Psychology (Eds.), Oxford University Press, New York

##### Suggested Reading:

1. Baumgardner, S. & Crothers, M. (2014). Positive Psychology. Pearson Educating Limited, Edinburg Gate Harlow.

## M. A./M. Sc. Third Semester

### LIFE SKILLS AND PERSONALITY DEVELOPMENT

**Course Code:** PSY OE326

**Credit:** 02

#### Objectives and Teaching Methods

The course of Life skills and personality development has been framed in consonance with the recent emphasis to identify and foster human skills pertinent to the development and growth leading to all round progress of the individuals. This course aims to familiarize the students with the basic life skills essential for personality development and effective adjustment. The lecture, demonstration, tutorial, home assignment and group discussion methods will be the used for teaching and learning.

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|---------------|---------------------|-----------------|
| <b>Unit I</b> | <b>Introduction</b> | <b>05 Hours</b> |
|---------------|---------------------|-----------------|

1. Life Skills: Meaning and scope of life skills,
2. Managing Life skills; Communication, emotional intelligence, Problem solving, Assertiveness, coping stress, social and emotional skills

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|----------------|--------------------------------|-----------------|
| <b>Unit II</b> | <b>Personality Development</b> | <b>05 Hours</b> |
|----------------|--------------------------------|-----------------|

1. Meaning of personality, The markers of good personality development, The issues of personality development,
2. Effective Personality: Concept, indices and methods of effective personality development

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|-----------------|----------------------------|-----------------|
| <b>Unit III</b> | <b>Human Communication</b> | <b>05 Hours</b> |
|-----------------|----------------------------|-----------------|

1. Communication: Meaning, components, importance and process of communication, Channels of communication
2. Verbal Communication: meaning and scope, methods to enhance verbal communication,
3. Non-verbal Communication: Basic components of non-verbal communication: Gesture, facial expression, posture, Importance of non-verbal communication

|                |                                              |                 |
|----------------|----------------------------------------------|-----------------|
| <b>Unit IV</b> | <b>Emotional Intelligence and Human Life</b> | <b>05 Hours</b> |
|----------------|----------------------------------------------|-----------------|

1. Emotional Intelligence: Meaning, components, Models and role of emotional intelligence in human performance and functioning
2. Emotional intelligence and various aspects of Human functioning: Health, Job performance, Coping through emotional approach

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|---------------|---------------------------------------------------|-----------------|
| <b>Unit V</b> | <b>Life Skills and Areas of Human Functioning</b> | <b>05 Hours</b> |
|---------------|---------------------------------------------------|-----------------|

1. Methods of developing Life skills: Role-playing and rehearsal, Social Learning
2. Role of life skills in school, work place, family and community

#### Readings

##### Essential Readings:

1. Glencoe (2010). Managing life skills. McGraw Hill USA
2. Life skills. (2012). NCERT Books, New Delhi
3. Clayton, E. & Tucker-Ladd (2004). Psychological self-help. Self Help Foudation.

##### Suggested Reading:

1. Wadkar, Alka (2016). Life Skills of Success. Sage Texts

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**Academic Session 2016-17**

**Programme Name: M. Sc.**

**Semester: Third**

**Course Code: PSY-OE-326**

**Course Title: Life Skill and Personality Development**

| S. No.                             | Reg. No.  | Name                 | Department |
|------------------------------------|-----------|----------------------|------------|
| <b>Applied Geology</b>             |           |                      |            |
| 1.                                 | Y16251003 | Shurti Soni          | M. Tech.   |
| 2.                                 | Y16251004 | Nainika Gour         | M. Tech.   |
| 3.                                 | Y16251005 | Mahendra Chauhan     | M. Tech.   |
| 4.                                 | Y16251007 | Priya singh          | M. Tech.   |
| 5.                                 | Y16251009 | Ashwani kumar rohit  | M. Tech.   |
| 6.                                 | Y16251010 | Aman soni            | M. Tech.   |
| 7.                                 | Y16251011 | Shubham kumar mishra | M. Tech.   |
| 8.                                 | Y16251014 | Priyam garg          | M. Tech.   |
| 9.                                 | Y16251015 | Bhagwati patel       | M. Tech.   |
| 10.                                | Y16251019 | Aman chaudhary       | M. Tech.   |
| 11.                                | Y16251020 | Nipun gorakh         | M. Tech.   |
| 12.                                | Y16251022 | Pranjit kalita       | M. Tech.   |
| 13.                                | Y16251023 | Pramod kumar sahu    | M. Tech.   |
| 14.                                | Y16251029 | Devesh yadav         | M. Tech.   |
| 15.                                | Y16244503 | Satyam patel         | M. Tech.   |
| <b>Sociology &amp; Social Work</b> |           |                      |            |
| 16.                                | Y16227513 | Arti kumari          |            |
| 17.                                | Y16227505 | Mohd. Sharukh        | M. S. W.   |
| 18.                                | Y16227512 | Anima bhargava       | M. S. W.   |
| 19.                                | Y16227508 | Nita yadav           | M. S. W.   |
| 20.                                | Y16227507 | Shashank shrivastava | M. S. W.   |
| 21.                                | Y16227506 | Deepak singh         | M. S. W.   |
| 22.                                | Y16227501 | Arihant singh        | M. S. W.   |
| 23.                                | Y16227509 | Amarmani             | M. S. W.   |
| 24.                                | Y16227504 | Anil kushwaha        | M. S. W.   |
| <b>Zoology</b>                     |           |                      |            |
| 25.                                | Y16265015 | Reyaz ahmad bhat     | M. Sc.     |
| <b>Biotechnology</b>               |           |                      |            |
| 26.                                | Y16262008 | Shubham mourya       | M. Sc.     |

|                                               |           |                         |          |
|-----------------------------------------------|-----------|-------------------------|----------|
| 27.                                           | Y16262013 | Shivangi namdeo         | M. Sc.   |
| <b>English &amp; other European Languages</b> |           |                         |          |
| 28.                                           | Y16231008 | Subhadra                | M. A.    |
| 29.                                           | Y16231019 | Ferheen khan            | M. A.    |
| <b>Criminology</b>                            |           |                         |          |
| 30.                                           | Y16242104 | Punya prakash prajapati | M. A.    |
| 31.                                           | Y16242105 | Rovinson mathew K.      | M. A.    |
| <b>Forensic Science</b>                       |           |                         |          |
| 32.                                           | Y16242502 | Arunima sharma          | M. Sc.   |
| 33.                                           | Y16242507 | k. Sushma varma         | M. Sc.   |
| 34.                                           | Y16242518 | Kaushal kumar kushwaha  | M. Sc.   |
| 35.                                           | Y16242508 | Priyanka bhehdarkar     | M. Sc.   |
| <b>Chemistry</b>                              |           |                         |          |
| 36.                                           | Y16266018 | Suraksha raikuar        | M. Sc.   |
| 37.                                           | Y16266021 | Ankita nema             | M. Sc.   |
| 38.                                           | Y16266034 | Sharaddha jain          | M. Sc.   |
| 39.                                           | Y16266039 | Madhvi sahu             | M. Sc.   |
| 40.                                           | Y16266042 | Roshni rathore          | M. Sc.   |
| <b>Business Management</b>                    |           |                         |          |
| 41.                                           | Y16282001 | Priya Senger            | M. B. A. |
| 42.                                           | Y16282012 | Sunaina tomar           | M. B. A. |
| 43.                                           | Y16282014 | Anjali bhadoriya        | M. B. A. |
| 44.                                           | Y16282025 | Mohd. Sohali khatri     | M. B. A. |
| 45.                                           | Y16282029 | Shubham sen             | M. B. A. |
| <b>Computer Science &amp; Applications</b>    |           |                         |          |
| 46.                                           | Y16271012 | Jyoti patle             | M. C. A. |

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**Academic Session 2016-17**

**Programme Name: M. Sc.**

**Semester: Second**

**Course Code: PSY-OE-225**

**Course Title: Positive Psychology**

| S. No.                                 | Reg. No.  | Name                 | Class     |
|----------------------------------------|-----------|----------------------|-----------|
| <b>General &amp; Applied Geography</b> |           |                      |           |
| 1.                                     | Y17244101 | Arvind Kumar Jatav   | M. Sc. II |
| 2.                                     | Y17244102 | Dolly Tiwari         | M. Sc. II |
| 3.                                     | Y17244104 | Menakshi Saini       | M. Sc. II |
| 4.                                     | Y17244105 | Pankaj Rohit         | M. Sc. II |
| 5.                                     | Y17244106 | Pratiksha Namdev     | M. Sc. II |
| <b>Applied Geology</b>                 |           |                      |           |
| 6.                                     | Y17251001 | Abhishek Kumar Sinha | M. Tech.  |
| 7.                                     | Y17251002 | Akhand Pratap Singh  | M. Tech.  |
| 8.                                     | Y17251004 | Alok Kumar           | M. Tech.  |
| 9.                                     | Y17251005 | Anishiya Das         | M. Tech.  |
| 10.                                    | Y17251007 | Ashwathi M.S.        | M. Tech.  |
| 11.                                    | Y17251008 | Diksha Mohan         | M. Tech.  |
| 12.                                    | Y17251009 | Gomuk Kumbang        | M. Tech.  |
| 13.                                    | Y17251010 | Jaysurya             | M. Tech.  |
| 14.                                    | Y17251011 | Kripali Baghel       | M. Tech.  |
| 15.                                    | Y17251017 | Priyabrata Raul      | M. Tech.  |
| 16.                                    | Y17251020 | Rajendra Kumar Dash  | M. Tech.  |
| 17.                                    | Y17251021 | Rama Mishra          | M. Tech.  |
| 18.                                    | Y17251022 | Rishabh Batri        | M. Tech.  |
| 19.                                    | Y17251023 | Rishabh Namdeo       | M. Tech.  |
| 20.                                    | Y17251024 | Sabbir Alam ali      | M. Tech.  |

|                         |            |                     |           |
|-------------------------|------------|---------------------|-----------|
| 21.                     | Y17251025  | Sharique Anwer      | M. Tech.  |
| 22.                     | Y17251026  | Shyamolima Banerjee | M. Tech.  |
| 23.                     | Y17251029  | Utkarsh Verma       | M. Tech.  |
| 24.                     | Y17251031  | Arindam Gope        | M. Tech.  |
| 25.                     | Y17251032  | Vijay Pratap Singh  | M. Tech.  |
| 26.                     | Y17251034  | Debasish Mahanta    | M. Tech.  |
| 27.                     | Y17251035  | Shubham Kushwaha    | M. Tech.  |
| 28.                     | Y17251036  | Jyoti Bidoliya      | M. Tech.  |
| <b>Psychology</b>       |            |                     |           |
| 29.                     | Y162255142 | Surbhi Jain         | M. Sc. II |
| 30.                     | Y162255152 | Kapil Yadav         | M. Sc. II |
| 31.                     | Y162255162 | Pooja Thakur        | M. Sc. II |
| 32.                     | Y162255172 | Bhupendra Patel     | M. Sc. II |
| 33.                     | Y162255182 | Subhash Yadav       | M. Sc. II |
| <b>Physics</b>          |            |                     |           |
| 34.                     | Y17273002  | Akanksha Tiwari     | M. Sc. II |
| 35.                     | Y17273005  | Binish B.           | M. Sc. II |
| 36.                     | Y17273020  | Richa Nayak         | M. Sc. II |
| 37.                     | Y17273029  | Veena Narware       | M. Sc. II |
| <b>Forensic Science</b> |            |                     |           |
| 38.                     | Y17242513  | Nishant Soni        | M. Sc. II |

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**Academic Session 2016-17**

**Programme Name: M. A.**

**Semester: Second**

**Course Code: PSY- OE-225**

**Course Title: Positive Psychology**

| <b>S. No.</b> | <b>Reg. No.</b> | <b>Name</b>       |
|---------------|-----------------|-------------------|
| 1.            | Y162251022      | Ajit Kumar Singh  |
| 2.            | Y162251042      | Piyush Deurkar    |
| 3.            | Y162251052      | Paridhi Jain      |
| 4.            | Y162251062      | Reshu Mishra      |
| 5.            | Y162251072      | Maviraj Jain      |
| 6.            | Y162251082      | Neetu Vishwakarma |
| 7.            | Y162251092      | Astha Tiwari      |
| 8.            | Y162251102      | Anupam Saini      |
| 9.            | Y162251112      | Anjana Sahu       |
| 10.           | Y162251122      | Deepa Thakur      |

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**Academic Session 2016-17**

**Programme Name: M. A.**

**Semester: Fourth**

**Course Code: PSY- E-121**

**Course Title: Health Psychology**

| <b>S. No.</b> | <b>Reg. No.</b> | <b>Name</b>       |
|---------------|-----------------|-------------------|
| 1.            | Y162251022      | Ajit Kumar Singh  |
| 2.            | Y162251042      | Piyush Deurkar    |
| 3.            | Y162251052      | Paridhi Jain      |
| 4.            | Y162251062      | Reshu Mishra      |
| 5.            | Y162251072      | Maviraj Jain      |
| 6.            | Y162251082      | Neetu Vishwakarma |
| 7.            | Y162251092      | Astha Tiwari      |
| 8.            | Y162251102      | Anupam Saini      |
| 9.            | Y162251112      | Anjana Sahu       |

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