

Department of Psychology
School of Humanities & Social sciences
Doctor Harisingh Gour Vishwavidyalaya, Sagar, M. P., India
(A Central University)

Academic Session 2019-20

Class: M. Tech./m. Com./M. S. W./M.Sc./M. A./ M. B. A.

Course Title: Positive Psychology **Course Code:** PSY-OE-225 **Credit:** 02

S. No.	Reg. No.	NAME
M. Tech. II Semester (Applied Geology)		
1.	Y19251001	Abhisek Dash
2.	Y19251004	Akanksha Kushwaha
3.	Y19251005	Akash Kumar Singh
4.	Y19251006	Akshyata Sahoo
5.	Y19251009	Anurag Trivedi
6.	Y19251013	Divyanand Dubey
7.	Y19251014	Himanshu Jaiswal
8.	Y19251016	Kumari Chandani Chanda
9.	Y19251019	Monika Bomarde
10.	Y19251022	Prashant Uikey
11.	Y19251023	Pritam Biswal
12.	Y19251024	Priyanshu Kumar
13.	Y19251026	Purva Pandey
14.	Y19251027	Rahul Karmali
15.	Y19251030	Ramraj Patel
16.	Y19251031	Ravikant Sinha
17.	Y19251033	Sangam Samal
18.	Y19251035	Shipra Surabhi
19.	Y19251039	Sunil Sekhar Mohanty
20.	Y19251041	Tikeswar Mahanta
21.	Y19251043	Aman Soni
22.	Y19251044	Radha Awasthi
M. Com. II Semester		
23.	Y19281001	Abhilasha Patel
24.	Y19281005	Anupreksha Shrivastava
25.	Y19281008	Dishendra Raikwar
26.	Y19281013	Lokendra Patel
27.	Y19281015	Neeraj Patel

28.	Y19281016	Nikhil Soni
29.	Y19281022	Rashmi Singh
30.	Y19281027	Shubham Singh Thakur
31.	Y19281028	Shweta Singh
32.	Y19281029	Simi Jain
33.	Y19281031	Unnati Ubnare
34.	Y19281032	Vikram Singh Tekam
M. S. W. II Semester		
35.	Y19227503	Akriti Jain
36.	Y19227507	Neeraj Patel
37.	Y19227508	Nikita Tomar
38.	Y19227510	Pooja Lodhi
39.	Y19227511	Preeti Lodhi
40.	Y19227517	Vipin Kumar Dubey
M. Sc. II Semester (Zoology)		
41.	Y19265003	Akanksha Patel
42.	Y19265004	Akshita Dubey
43.	Y19265005	Aman Tamrakar
44.	Y19265008	Ankita Dwivedi
45.	Y19265009	Anuradha Raje
46.	Y19265011	Ayushi Jain
47.	Y19265013	Divya Pyasi
48.	Y19265015	Jhankrit Vijaywar
49.	Y19265020	Manoj Kumar Patel
50.	Y19265021	Matruprasad Badamali
51.	Y19265023	Pooja Kshirsagar
52.	Y19265024	Pooja Sahu
53.	Y19265025	Priyanka Parte
54.	Y19265026	Satyapal Singh
55.	Y19265031	Sneha Bibyan
56.	Y19265033	Sushmita Das
M.A./M.Sc. II Semester (Yogic Science)		
58.	Y19298005	Chanda Ahirwar
59.	Y19298007	Durga Ahirwar
60.	Y19298013	Rishita Kushwaha
61.	Y19298504	Nimita Koshti
62.	Y19298508	Sanjay Choudhary
M.A. II Semester (Political Science)		
63.		Pradeep Vaidya

	M.A. II Semester (English)	
64.	Y19231028	Suditi Gautam
	M.Sc. II Semester (Chemistry)	
65.	Y19266003	Aditi Mishra
66.	Y19266007	Ankit Ghosh
67.	Y19266015	Dhanip Kumar Sharma
68.	Y19266020	Itee Yadav
69.	Y19266035	Rajkumar Gupta
70.	Y19266049	Shivani Badkur
71.	Y19266055	Shubhayan Sengupta
72.	Y19266059	Tanvi Shukla
	M. B. A. II Semester	
73.	Y19282003	Akansha Rathore
74.	Y19282007	Anukriti Chandel
75.	Y19282008	Arvind Saini
76.	Y19282014	Divya Jhariya
77.	Y19282019	Himanshu Pandey
78.	Y19282025	Palak Chandel
79.	Y19282026	Palak Shrivastav
80.	Y19282031	Riya Jain
81.	Y19282034	Sanskar Jain
82.	Y19282042	Shubhi Nayak

(Prof. A. D. Sharma)
Head, Department of Psychology

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Academic Session 2019-20

Course Title: Life skills and Personality Development

Course Code: OE326

Credit: 02

S. No.	Reg. No.	Name
1. Applied Geology III Sem		
1.	Y18251001	Abhishek Chourasiya
2.	Y18251002	Aditi Jena
3.	Y18251003	Ahmad Raza
4.	Y18251005	Ankit Jain
5.	Y18251006	Anshul sahu
6.	Y18251007	Ashutosh Chakra
7.	Y18251009	Atish Kumar Sahoo
8.	Y18251010	Bibhu Kalyan Mohapatra
9.	Y18251011	Dipankar Sonowal
10.	Y18251013	Kokil Rabha
11.	Y18251014	Lavkush Maurya
12.	Y18251015	Madhusmita Sethy
13.	Y18251019	Rajanikant Rout
14.	Y18251021	Ritu Raj Agrawal
15.	Y18251024	Shashwat Verma
16.	Y18251025	Shiwani Kumari
17.	Y18251026	Smrutiranjana Sahoo
18.	Y18251027	Subrata Parida
19.	Y18251028	Varun Shastri
20.	Y18251029	Suraj Kumar Soni
21.	Y18251030	Debasish Mohanta
22.	Y18251031	Shubhangee Shrivastava
23.	Y18251032	Ashutosh Goutam
24.	Y18251035	Wahid Baig
2. Chemistry		
25.	Y18266016	Jyoti Thakur
26.	Y18266052	Neha Kesharwani
27.	Y18266051	Sahista Khan
28.	Y18266033	Sandhya Pariraman

29.	Y18266046	Swati Varshekar
30.	Y18266001	Aakanksha Thakur
31.	Y18266002	Abhijit Swain
32.	Y18266008	Anushree Jain
33.	Y18266011	Fareen Umar
34.	Y18266015	Jyoti Rajak
35.	Y18266017	Kalpana Yadav
36.	Y18266024	Pragya Bohrpi
37.	Y18266026	Priyanka Ahirwar
38.	Y18266032	Sambit Subhankar Sahoo
39.	Y18266042	Soumya Ranjan Bhol
40.	Y18266045	Surajit Dev
41.	Y18266049	Datrya Swanu Panda
3. Botany M. Sc. III Sem		
42.	Y18261001	Abhishek Jain
43.	Y18261008	Jeetram Rathore
44.	Y18261009	Kapil Chourasiya
4. M. C. A. III Sem		
45.	Y18271001	Akriti Shakya
46.	Y18271017	Sakshi Soni
47.	Y18271020	Shagufta Bano
48.	Y18271025	Vipin Rai
49.	Y18271029	Sonika Maurya
5. Forensic Science		
50.	Y18242501	Ambika Minda
51.	Y18242502	Angel Amy Singh
52.	Y18242504	Arun Kori
53.	Y18242505	Yamini Badigenchala
54.	Y18242506	Kajal Bansal
55.	Y18242507	Lakshdeep
56.	Y18242508	Sahithi Madarapu
57.	Y18242509	Prafulla Chandra
58.	Y18242511	Priyanka Soni
59.	Y18242512	Rajat Singh
60.	Y18242513	Roshni Butt
61.	Y18242514	Shefali Mishra
62.	Y18242516	Shivani Shrivastav
63.	Y18242518	Sushma Bharti
64.	Y18242519	Swetha Pradhan

65.	Y18242520	Ankit Yadav
66.	Y18242522	Ankur Sharma
67.	Y18242523	Palack Asati
68.	Y18242524	Poisha Choudhary
6. Zoology		
69.	Y18265001	Aamir khan
70.	Y18265005	Eena Dodwani
71.	Y18265006	Harilal Yadav
72.	Y18265012	Nagendra Sahu
7. Mathematics		
73.	Y18272107	Hitesh
74.	Y18272109	Kirti Gupta
75.	Y18272113	Nidhi Yadav
76.	Y18272114	Pushpendra Choudhary
77.	Y18272115	Ram Sagar
78.	Y18272116	Richa Jain
79.	Y18272118	Shivansi Sipolya
80.	Y18272119	Shivani Singh Raghuvanshi
81.	Y18272121	Vaishanvi Sharma
82.	Y18272127	Dipali Rajoriya
83.	Y18272128	Chandrika Vaidya
8. M.B.A III Semester		
84.	Y18282001	Abhilash Chourasia
85.	Y18282002	Aena Manwani
86.	Y18282003	Aishwariya Raj Laxmi Jain
87.	Y18282004	Ayushi Jain
88.	Y18282005	Chanchal Daryani
89.	Y18282009	Harshita Dubey
90.	Y18282012	Kuldeep Pandey
91.	Y18282014	Mona Bhadoriya
92.	Y18282018	Prabhuti Vishwakarma
93.	Y18282019	Prena Shrivastava
94.	Y18282020	Rajul Swarnkar
95.	Y18282022	Rushabh Mourya
96.	Y18282023	Sakshi Thakur
97.	Y18282024	Sakshi Yadav
98.	Y18282025	Saloni Masram
99.	Y18282027	Shraddha Jain
100.	Y18282029	Shubham Sahu

101.	Y18282030	Shweta Chandelkar
102.	Y18282031	Siddharth Bilaiya
103.	Y18282032	Siddharth Jain
104.	Y18282033	Srajan Gupta
105.	Y18282034	Sumeet Basrani
106.	Y18282038	Deepali Kori
107.	Y18282040	Priyanka Singh Tekam
108.	Y18282042	Jyotsna Lakhera
109.	Y18282043	Rajvardhan Singh Thakur
110.	Y18282045	Varsha Choursiya
111.	Y18282046	Aditya Yadav
112.	Y18282047	Kritika Dixit
113.	Y18282048	Vaishali Shrivastava
9. M. Com III Sem		
114.	Y18281005	Amrendra Sodhiya
115.	Y18281007	Anvid Dubey
116.	Y18281008	Archana Singh
117.	Y18281020	Sadhvi Singh Thakur
118.	Y18281028	Sulekha Chourasiya
10. M. A. English		
119.	Y18231001	Aaditi Bhatt
120.	Y18231002	Ankita Jain
121.	Y18231004	Bharti Jharia
122.	Y18231010	Mamta Sachdev
123.	Y18231022	Sweta Soni
11. M. S. W. III Semester		
124.	Y18227502	Aarti Thakur
125.	Y18227504	Jyoti Sahu
126.	Y18227507	Manju Jain
127.	Y18227508	Pratiksha Jain

(Prof. A. D. Sharma)
Head, Department of Psychology

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.

Unit I The discipline of Positive Psychology 05 Hours

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

Unit II Identifying Strengths 05 Hours

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

Unit III Positive Psychology across the Life Span 05 Hours

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

Unit IV Emotional Approach in Positive Psychology 05 Hours

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,

Unit V Cognitive and Interpersonal Approaches in Positive Psychology 05 Hours

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.

Unit I	Introduction	05 Hours
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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

Unit II	Personality Development	05 Hours
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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

Unit III	Human Communication	05 Hours
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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

Unit IV	Emotional Intelligence and Human Life	05 Hours
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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

Unit V	Life Skills and Areas of Human Functioning	05 Hours
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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