

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

**New Arts, Commerce and Science College, Ahmednagar
(Autonomous)**

(Affiliated to Savitribai Phule Pune University, Pune)



Choice Based Credit System (CBCS)

Bachelor of Arts (M. A.)

Syllabus of

S. Y. B. A. PSYCHOLOGY

Implemented from

Academic Year 2022 - 23

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

**New Arts, Commerce and Science College, Ahmednagar
(Autonomous)**Board of Studies in PSYCHOLOGY

Sr. No.	Name	Designation
1.	Dr. Kiran D. Ahirrao	Chairman
2.	Prof. Rajratna D. Khillare	Member
3.	Dr. Umesh L. Bharte	Academic Council Nominee
4.	Dr. Shashikant H. Khalane	Academic Council Nominee
5.	Dr. Mahendra B. Patil	Vice-Chancellor Nominee
6.	Mr. Mahesh S. Kshirsagar	Alumni
7.	Mr. Shrikant Kulange	Industry Expert
8.	Dr. Yogita M. Khedkar	Invitee Co-Opted

3. Programme Structure and Course Titles: (All academic years)

Sr. No.	Class	Semester	Course Code	Course Title	Credits
1.	F. Y. B. A.	I	BA-PSY 101 T	Foundation of Psychology-I	03
2.	F. Y. B. A.	II	BA-PSY 201 T	Foundation of Psychology-II	03
3.	S. Y. B. A.	III	BA-PSY 301 T	Human Development: Infancy to Late Childhood	03
4.	S. Y. B. A.	III	BA-PSY 302 T	Health Psychology	03
5.	S. Y. B. A.	III	BA-PSY 303 T	Psychology of Abnormal Behaviour-I	03
6.	S. Y. B. A.	III	BA-PSY 304 T	Health Promotion Mind-body	02
7.	S. Y. B. A.	IV	BA-PSY 401 T	Human Development: Adolescence to Old age	03
8.	S. Y. B. A.	IV	BA-PSY 402 T	Psychology of social behavior	03
9.	S. Y. B. A.	IV	BA-PSY 403 T	Psychology of Abnormal Behaviour-II	03
10.	S. Y. B. A.	IV	BA-PSY 404 T	Healthy Life skills	02
11.	T. Y. B. A.	V	BA-PSY 501 T	Industrial Psychology	03
12.	T. Y. B. A.	V	BA-PSY 502 T	Scientific Research	03
13.	T. Y. B. A.	V	BA-PSY 503 T	Psychological Practical: Tests	03
14.	T. Y. B. A.	V	BA-PSY 504 T	Basic Counselling Skills	03
15.	T. Y. B. A.	V	BA-PSY 505 T	Personality Development	02
16.	T. Y. B. A.	VI	BA-PSY 601 T	Organizational Behaviour	03
17.	T. Y. B. A.	VI	BA-PSY 602 T	Experimental Psychology	03
18.	T. Y. B. A.	VI	BA-PSY 603 T	Psychological Practical: Experiments	03
19.	T. Y. B. A.	VI	BA-PSY 604 T	Advance Counselling Skills	03
20.	T. Y. B. A.	VI	BA-PSY 605 T	Social Skills	02

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Syllabus of S. Y. B. A. Psychology
under
Faculty of Arts and Humanities**

Semester – III	Paper - I
Course Code: BA-PSY 301 T	Title of the Course: Human Development: Infancy to Late Childhood
Credits: 03	Total Lectures : 45 Hrs

BA-PSY 301 T: Human Development: Infancy to Late Childhood

Course Outcomes:

1. Students will acquaint the with basic concepts of human developmental processes.
2. Students will help to understand influences of various factors in development.
3. Students aware about role of overall development in human lives.

Detailed Syllabus:

Unit 1. BEGINNING OF LIFE (12)

- 1.1 Life-span development: An orientation and key issues
- 1.2 How life begins?
- 1.3 Pre- and post-natal development
- 1.4 Characteristics of neo-natal period

Unit 2 INFANCY (12)

- 2.1 Meaning of growth and development
- 2.2 The development of the senses
- 2.3 Piaget's approach to cognitive development
- 2.4 The roots of language

Unit 3 THE PRE-SCHOOL YEARS (12)

- 3.1 Physical development
- 3.2 Intellectual development
- 3.3 Forming a sense of self
- 3.4 Friends and family: Preschoolers' social lives: Development of friendship, The work of play, Effective parenting

Unit 4 MIDDLE & LATE CHILDHOOD YEARS (12)

- 4.1 Physical development
- 4.2 Intellectual development
- 4.3 Schooling of middle and late childhood
- 4.4 The developing self

Suggested Readings:

1. Feldman, R. S. 4th ed. (2006). *Development across the life span*. London: Pearson Edu.
2. Santrock, J. W. 11th ed. (2007). *Adolescence*. N.D.: Tata Mc-Graw Hill
3. Sandrock J.W. 17th ed. (2019). *Lifespan Development*. N.D.: Tata Mc-Graw Hill
4. Shaffer, D. R. and Kipp, K. 7th ed. (2007). *Developmental psychology: Childhood and adolescence*. Haryana: Thomson.
5. Hurlock, E. *Developmental psychology*. New York: McGraw-Hill.
6. Berk, L.E. 3rd ed. (2004). *Development through the life span*. N.D.: Pearson
7. Jadhav, K. M. (2012). Vaikasik Manasshastra, Diamond Publication, Pune.
8. Kumathekar, Borude, (2012). Vaikasik Manasshastra, Pune Vidyarthi Gruha Prakashan, Pune.

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Semester – III	Paper - II
Course Code: BA-PSY 302 T	Title of the Course: Health Psychology
Credits: 03	Total Lectures : 45 Hrs

BA-PSY 302 T: Health Psychology

Course Outcomes:

After the completion of this course students will be able to:

1. Understand health psychology and arrive at the introduction to the role of psychology in health.
2. Understand the nature of stress and coping
3. Understand various factors related to health and diseases.
4. Understand quality of life and promoting the good health.

Detailed Syllabus:

Unit 1 An Introduction to Health Psychology (12)

- 1.1 Health Psychology – Definitions, Nature, Concepts, Aims
- 1.2 Mind-Body Relationship, Biopsychosocial Model of Health
- 1.3 Psychology's Role in Health - Problems in the Health Care System, "The Person" in Health and Illness, How the Role of Psychology Emerged and Progress in Health Psychology's Goals.
- 1.4 Application: The Need of Health Psychology- Changing Patterns of Illness, Expanded and Acceptance Health Care Services, The future of health psychology, Indian perspective of health psychology.

Unit 2 Stress and Coping (12)

- 2.1 Stress – Definitions, Nature & Types
- 2.2 Sources of Stress - (Sources within the Person, Sources in the Family & Sources in the Community and Society)
- 2.3 Responding to Stress (Physiological, Emotional & Behavioural Response)
- 2.4 Coping Behaviour – Problem Focused coping (Ellis's rational thinking, Positive reinterpretation & Humor as a stress reducer) & Emotion Focused Coping (Using systematic problem solving, using time more effectively & improving self-control)

Unit 3 Chronic Health Problems and Its Management (12)

- 3.1 Personal Issues in Chronic Health Disorders - The Physical Self, Achieving Self, Social Self & Private Self
- 3.2 Emotional Responses to Chronic Health Disorders – Denial, Anxiety & Depression

- 3.3** Major Chronic Health Problems- Heart Disease, Hypertension, Stroke, Cancer, Type II Diabetes & AIDS
- 3.4** Application: Psychological Interventions for Chronic Health Disorders (Pharmacological Interventions, Individual Therapy, Social Support Interventions and Relaxation, Stress Management after COVID-19)

Unit 4 Primary Prevention & Health Promotion (12)

- 4.1** Quality of life and Health Behaviour - Changing Health Habits & Health Beliefs (Attitude change & Placebo Effect)
- 4.2** Health Compromising Behaviours (Characteristics) - Obesity, Smoking & Drinking.
- 4.3** Developmental, Gender, and Sociocultural Factors in Health - Development and Health, Gender and Health, Sociocultural Factors and Health
- 4.4** Health Promoting Behaviours - Diet, Exercise, Sleep, Rest, Vaccination and Screening, Accident prevention

Suggested reading:

1. Dalal A. (2016) Cultural Psychology of health in India. Sage publication.
2. Ogden, J. (2017). Health psychology: A textbook (4th ed.). McGraw Hill Education.
3. Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology - Bio psychosocial Interaction (7th ed). Wiley India Edition.
4. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition
5. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson

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Semester – III	Paper -III
Course Code: BA-PSY 303 T	Title of the Course: Psychology of Abnormal Behaviour-I
Credits: 03	Total Lectures : 45 Hrs

BA-PSY 303 T: Psychology of Abnormal Behaviour-I

Course Outcomes:

After the completion of this course students will be able to:

1. Acquire the knowledge about the symptoms, diagnostic criteria, and causes of
2. Various psychological disorders
3. Examine multiple probable causes and correlates of behaviour.
4. Understand critiques, limitations, and implications of diagnosis and classification
5. of psychological diseases.
6. Create awareness about mental health problems in society.

Detailed Syllabus:

UNIT 1 ABNORMAL PSYCHOLOGY: AN OVERVIEW (12)

- 1.1 Abnormality: Meaning, Definition, Nature.
- 1.2 Historical Background of Abnormality.
- 1.3 Criteria of abnormal behaviour (Biological, Psychological, Socio-cultural)
- 1.4 Current Classification Systems and beyond: DSM-5 & ICD-10/11 an Overview.

UNIT 2 ANXIETY DISORDERS, OBSESSIVE-COMPULSIVE DISORDERS (OCD), TRAUMA & STRESSOR RELATED DISORDERS (12)

- 2.1 Generalized Anxiety Disorders: (Nature, Types, Symptoms, Diagnostic Criteria & Causes)
- 2.2 Panic & Agoraphobia, Social Anxiety (Phobia)
- 2.3 Obsessive-Compulsive Disorder and Body Dimorphic Disorders
- 2.4 Post-Traumatic Stress Disorder & Acute Stress Disorder

UNIT 3 SOMATOFORM AND DISSOCIATIVE DISORDERS (12)

- 3.1 Somatic symptoms Disorder
- 3.2 Illness Anxiety Disorder
- 3.3 Conversion Disorders
- 3.4 Dissociative Identity Disorders

UNIT 4 DEPRESSIVE AND BIPOLAR DISORDERS**(12)**

- 4.1** Disruptive Mood Dysregulation Disorder, Major Depressive Disorder
- 4.2** Bipolar-I Disorder
- 4.3** Bipolar-II Disorder Suicide and Cyclothymic Disorder
- 4.4** Suicide and Cyclothymic Disorder: Nature, Symptoms, Diagnostic Criteria & Causes

Suggested Readings:

1. American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.
2. Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). Abnormal Psychology. (16th ed.). Pearson education.
3. John D. Delamater, Daniel J. Myers, Jessica L. Collett (2015) Social Psychology (8th ed.) Avalon Publishing.
4. Comer, R. J. (2019). Fundamentals of Abnormal Psychology, (9th edi.). Macmillan Learning.
5. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). Abnormal Psychology. (12th ed.). International student version, John Wiley & Sons, Singapore
6. Nolen-Hoeksema, S. (2014). Abnormal Psychology. (6th ed.). New York: McGraw-Hill.
7. Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education
8. Ray, W. J. (2019). Abnormal Psychology, (3rd edi.). SAGE Publications.
9. Whitbourne, S. K., & Halgin, R. P. (2014). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (7th ed.). McGraw-Hill (Indian reprint 2015).
10. World Health Organization. (1992). The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization.
11. Badgular C. (2005) Manovikruti Manasshastra, Mahalaxmi Pustakalay, College Road, Nashik-5.
12. Godbole A. (2015) Manat, Mnovikas Prakashan.

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Semester – III	Paper IV
Course Code: BA-PSY 304 T	Title of the Course: Health Promotion Mind-body
Credits: 02	Total Lectures : 30 Hrs

BA-PSY 304 T: Health Promotion Mind-body

Course Outcomes:

After the completion of this course students will be able to:

1. Students will be acquainted with basic concepts of mental and physical health.
2. Students will get familiarized with negative emotions and their impact on mind and body.
3. The student is well equipped with different strategies to promote health.

Detailed Syllabus:

Unit 1 Introduction to health promotion (10)

- 1.1 what is health (Mind-Body): definition, nature and aim
- 1.2 Mind- Body Communication,
- 1.3 Impact of negative emotions & Skills to improve positivity.

Unit 2 Health Promotion Mind –Body (10)

- 2.1 Interpersonal relationship
- 2.2 Developing interpersonal relationship
- 2.3 Peer pressure- Skill to overcome unhealthy behaviour

Unit 3 Strategies to promote health (10)

- 3.1 Moral Values & Ethics
- 3.2 Mindfulness
- 3.3 Hobbies, Healthy habits: Exercise, Yoga, Meditation

Suggested reading:

1. Dalal A. (2016) Cultural Psychology of health in India. Sage publication.
2. Ogden, J. (2017). Health psychology: A textbook (4th ed.). Mc Graw Hill Education.
3. Sarafino, Edward P and Smith, Timothy W (2012). Health Psychology - Bio Psychosocial Interaction (7th ed). Wiley India Edition.
4. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition

5. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson

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Semester – IV	Paper -I
Course Code: BA-PSY 401 T	Title of the Course: Human Development: Adolescence to Old age
Credits: 03	Total Lectures : 45 Hrs

BA-PSY 401 T: Human Development: Adulthood to Old age

Course Outcomes:

After the completion of this course students will be able to:

1. Students will acquaint with basic concepts of human developmental processes.
2. Students will help to understand influences of various factors in development.
3. Students aware about the role of overall development in human lives.

Detailed Syllabus:

Unit 1 ADOLESCENCE (12)

- 1.1 Physical maturation
- 1.2 Threats to adolescents' well-being
- 1.3 Identity: Self-concept and self-esteem
- 1.4 Relationships: Family and friends

Unit 2 EARLY ADULTHOOD (12)

- 2.1 Physical development and stress
- 2.2 Cognitive development
- 2.3 The course of relationships
- 2.4 Work and career

Unit 3 MIDDLE ADULTHOOD (12)

- 3.1 Physical development and health
- 3.2 Cognitive development
- 3.3 Relationships: Family in middle age
- 3.4 Work and leisure

Unit 4 LATE ADULTHOOD (Old-age) (12)

- 4.1 Physical development and health: Physical transitions, Slowing reaction time, Psychological and mental disorders, Alzheimer's disease,
- 4.2 The daily life of late adulthood
- 4.3 Relationships

4.4 Confronting death: Understanding the process of dying

BOOKS FOR READING:

1. Feldman, R. S. 4th ed. (2006). *Development across the life span*. London: Pearson Edu.
2. Santrock, J. W. 11th ed. (2007). *Adolescence*. N.D.: Tata Mc-Graw Hill
3. Sandrock J.W. 17th ed. (2019). *Lifespan Development*. N.D.: Tata Mc-Graw Hill
4. Shaffer, D. R. and Kipp, K. 7th ed. (2007). *Developmental psychology: Childhood and adolescence*. Haryana: Thomson.
5. Hurlock, E. *Developmental psychology*.
6. Berk, L.E. 3rd ed. (2004). *Development through the life span*. N.D.: Pearson
7. Jadhav, K. M. (2012). *Vaikasik Manasshastra*, Diamond Publication, Pune.
8. Kumathekar, Borude, (2012). *Vaikasik Manasshastra*, Pune Vidyarthi Gruha Prakashan, Pune.

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Semester – IV	Paper -II
Course Code: BA-PSY 402 T	Title of the Course: Psychology of social behavior
Credits: 03	Total Lectures : 45 Hrs

BA-PSY 402 T: Psychology of social behavior

Course Outcomes:

After the completion of this course students will be able to demonstrate the following competencies -

1. Understand the basics of social psychology.
2. Understand the nature of self, concept of attitude and prejudice of the individual.
3. Assess the interactional processes, love and aggression in our day today life.
4. Understand group dynamics and individual in the social world.

Unit 1 Introduction (12)

- 1.1 Definition, Brief history of social psychology (special emphasis on India)
- 1.2 Scope of social psychology
- 1.3 Approaches towards understanding social behaviour
- 1.4 Application: Community mental health

Unit 2 Individual Level Processes (12)

- 2.1 Difference between Social Cognition & Social Perception.
- 2.2 Self –Concept: Nature, Self-regulation and self-presentation.
- 2.3 Attitude: Definition, components, Dimensions and formation of attitude
- 2.4 Application: Formation of attitude and Prejudice eradication

Unit 3 Interpersonal processes (12)

- 3.1 Interpersonal attraction, love
- 3.2 Pro-social behavior
- 3.3 Aggression: Meaning, Nature and causes of Aggression
- 3.4 Application: Prevention and reducing aggression

Unit 4 Group Dynamics (12)

- 4.1 Groups: When we join and when we leave, The benefits of joining, Group decision making
- 4.2 Cooperation and Conflict
- 4.3 Conformity: Factors affecting Conformity, Obedience & Authority
- 4.4 Application: Team Building

Books for Reference

1. Baron, R. A., Branscombe, N. R., & Byrne, D. Bhardwaj, Gopa. (2008). Social Psychology. (12th ed.). New Delhi: Pearson Education, Indian subcontinent adaptation 2009
2. Aronson, E., Wilson, T. D., & Akert, R. M. (2007). Social Psychology. (6th edi.), New Jersey: Pearson Education prentice Hall
3. Baumeister, R. F., & Bushman, B. J. (2008). Social Psychology and Human Nature. International student edition, Thomson Wadsworth USA
4. Myers, D. G. (2006). Social Psychology. (8th edi.), Tata McCraw- Hill Publication.

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Semester – IV	Paper -III
Course Code: BA-PSY 403 T	Title of the Course: Psychology of Abnormal Behaviour-II
Credits: 03	Total Lectures : 45 Hrs

BA-PSY 403 T: Psychology of Abnormal Behaviour-II

Course Outcomes:

1. Learn descriptions, and theories underlying diagnostic nosology of psychiatric disorders.
2. Learn and understand benefits, critiques, limitations, and implications of
3. diagnosis and classification.
4. Help students to acquire the knowledge about the symptoms, diagnostic criteria,
5. and causes of various psychological disorders.
6. Examine multiple probable causes and correlates of behaviour.
7. Create awareness about mental health problems in society.

Detailed Syllabus:

UNIT 1 SCHIZOPHRENIA & OTHER PSYCHOTIC DISORDERS (12)

- 1.1 Schizophrenia: (Nature, Types, Symptoms, Diagnostic Criteria & Causes)
- 1.2 Schizophreniform Disorder
- 1.3 Schizoaffective Disorder
- 1.4 Delusional Disorders

UNIT 2 PERSONALITY DISORDERS AND IMPULSE CONTROL DISORDERS (12)

- 2.1 Characteristics of Personality Disorder and Gender Differences
- 2.2 Personality Disorders Characterized by Odd or Eccentric Behavior: Paranoid, Schizoid & Schizotypal
- 2.3 Personality Disorders Characterized by Dramatic, Emotional, or Erratic Behavior: Antisocial, Borderline, Histrionic, & Narcissistic
- 2.4 Personality Disorders Characterized by Anxious or Fearful Behavior: Avoidant, Dependent, & Obsessive- Compulsive.

UNIT 3 EATING DISORDERS, SLEEP-WAKE DISORDERS, SEXUAL DISORDERS, SUBSTANCE-RELATED AND ADDICTIVE DISORDERS (12)

- 3.1 Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, & Binge- Eating Disorder)

- 3.2 Sleep-Wake Disorders (Insomnia disorder, hyper somnolence disorder, Narcolepsy. Breathing related sleep disorder, Circadian rhythm sleep-wake Disorder)
- 3.3 Alcohol Related Disorders (Alcohol use Disorder, Alcohol Intoxication, Alcohol Withdrawal)
- 3.4 Gambling Disorder, Internet and Cell Phone Addiction

UNIT 4 NEURODEVELOPMENTAL DISORDERS**(12)**

- 4.1 Autism Spectrum & ADHD
- 4.2 Intellectual Disability
- 4.3 Communication Disorder
- 4.4 Learning Disorders

Suggested Readings:

1. American Psychiatric Association (2013). Diagnostic and Statistical Manual of Mental Disorders (DSM-5) fifth Edition.
2. Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). Abnormal Psychology. (16th ed.). Pearson education.
3. Comer, R. J. (2019). Fundamentals of Abnormal Psychology, (9th edi.). Macmillan Learning.
4. Kring, A.M., Johnson, S. L., Davison, G.C., & Neale, J.M. (2013). Abnormal Psychology. (12th ed.). International student version, John Wiley & Sons, Singapore
5. Nolen-Hoeksema, S. (2014). Abnormal Psychology. (6th ed.). New York: McGrawHill.
6. Nolen-Hoeksema, S. (2019). ISE Abnormal Psychology, (8th edi.). McGraw-Hill Education
7. Ray, W. J. (2019). Abnormal Psychology, (3rd edi.). SAGE Publications.
8. Whitbourne, S. K., & Halgin, R. P. (2014). Abnormal Psychology: Clinical Perspectives on Psychological Disorders. (7th ed.). McGraw-Hill (Indian reprint 2015).
9. World Health Organization. (1992). The ICD-10 classification of mental and behavioural disorders: Clinical descriptions and diagnostic guidelines. Geneva: World Health Organization
10. Badgujar C. (2005) Manovikruti Manasshastra, Mahalaxmi Pustakalay, College Road, Nashik-5.
11. Godbole A. (2015) Manat, Mnovikas Prakashan.

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Semester – IV	Paper -IV
Course Code: BA-PSY 404 T	Title of the Course: Healthy Life skills
Credits: 02	Total Lectures : 30 Hrs

BA-PSY 404 T: Healthy Life skills

Course Outcomes:

After the completion of this course students will be able to demonstrate the following competencies -

1. Understand the basics of healthy life skills.
2. Students will develop healthy life skills.
3. Students will develop positive attitude towards life.

Unit 1: Self-awareness (10)

- 1.1 Self- Management
- 1.2 Decision making
- 1.3 Problem solving

Unit 2 Communication Skill and Thinking (10)

- 2.1 Communication skills, Effective Communication
- 2.2 Proactive thinking
- 2.3 Assertiveness

Unit 3 Social skills (10)

- 3.1 Empathy
- 3.2 Interpersonal Relationship and skills
- 3.3 Leadership and Team building

Suggested Readings:

1. Dalal A. (2016) Cultural Psychology of health in India. Sage publication.
2. Taylor, Shelley E. (2018). Health Psychology (10th ed). McGraw Hill Higher Education. Indian Edition

3. Weiten, W. and Lloyd, M. (2007). Psychology applied to modern life: Adjustment in the 21st century, Indian Edition 8th. Thomson.
4. Wadkar A., (2021), Life Skills for Success: Sage Publication