

**OPEN COURSE**

To be offered by Department of Psychology for other students

**OPEN COURSE CHOICE I****SEMESTER V****PSY5D01****Credits : 3****PSYCHOLOGY AND PERSONAL GROWTH****48 hours****Objectives:**

- To understand the basic concepts in Psychology
- To acquaint with the students with the aspects of personal growth

**Module 1 : Introduction to Psychology****10 hours**

Psychology: Definition, goals of psychology, application of psychology in personal and social life : Branches of psychology

**Module 2 : Positive Psychology****14 hours**

Positive Psychology: definition, assumption, and goals. Well-being : Definition, subjective and psychological well-being, eastern and western perspectives of well-being. Hope, Optimism, Mindfulness.

**Module 3 : Happiness****14 hours**

Positive emotions and negative affectivity. Happiness : Causes and effects of happiness, Happiness across life span, Gender, Marriage, Money and culture in happiness, Close relationship and happiness.

**Module 4 : Methods of personal growth****10 hours**

Stress : Distress and eustress, responses to stress, stress management techniques. Meditation and yoga techniques for enhancing personal effectiveness. Resilience : Definition, Risk, protective factors of resilience, Models of resilience

**Reference**

Alan Carr (2011). Positive Psychology: The Science of Happiness & Human strengths (II edition). Routledge, London & New York.

Baron, R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education Carr, Alan (2011). Positive Psychology (2nd Edn), New York: Routledge Taylor and Francis Group.

Mishra, B.K. (2008). Psychology: The study of Human Behavior. New Delhi: Prentice Hall of India

Snyder R.C., Lopez J. S., Pedrotti T. J. (2011). Positive psychology: the scientific and practical explorations of human strengths (2nd edition). Sage Publications India Pvt. Ltd, New Delhi.

**Additional Reference:**

Fadiman, James Frager, and Robert. (2002). Personality and Personal Growth (5th Edn) Prentice Hall.