

Effective from Session:2024-25							
Course Code	A090501T/ HS321	Title of the Course	Life Span Human Development	L	T	P	C
Year	III	Semester	V	4	0	0	4
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To introduce students to develop an ability to identify the milestones in diverse domains of human development across the child, adolescent and adulthood stages, understand the contributions of sociocultural context toward shaping human development and acquire an ability to decipher key developmental challenges and issues						

Course Outcomes	
CO1	Understanding about the Principles of Development and Methods of Studying Human Development.
CO2	Enable to Identify Prenatal Development and Stages and hazards.
CO3	Knack to link up theory with Infancy Physical, Social and Language Development.
CO4	Understanding about the Childhood Development of Cognitive, Emotional and Moral Development.
CO5	Gain knowledge of the important stages Adolescence's Physical Changes Development of Identity, Cognitive, Social, Emotional and Moral Development
CO6	Development knowledge about the Sex - Role Adjustment, Diversity of Adult Lifestyles, Developments of Career.
CO7	Understanding the Development of Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationships at Midlife, Vocational Life.
CO8	Understanding the Development of Late Adulthood: Life Expectancy, Physical Changes, Change in Self Concept and Personality, Psychological Well-Being, Retirement and Leisure

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Human Development	Introduction; Principles of Development; Methods of Studying Human Development.	7	CO1
2	Prenatal Development	Stages and hazards; Neonatal Development: Sensory and Motor Capacity	8	CO2
3	Infancy:	Physical, Social and Language Development.	7	CO3
4	Childhood Development	Childhood Development: Cognitive, Emotional and Moral Development.	7	CO4
5	Adolescence:	Physical Changes (Puberty and Growth spurts); Development of Identity, Cognitive, Social, Emotional and Moral Development	8	CO5
6	Early Adulthood:	Sex - Role Adjustment, Diversity of Adult Lifestyles, Career Development.	7	CO6
7	Middle Adulthood:	Changes in Mental Abilities, Adapting To Physical Changes in Midlife, Relationships at Midlife, Vocational Life.	8	CO7
8	Late Adulthood:	Life Expectancy, Physical Changes, Change in Self Concept and Personality, Psychological Well-Being, Retirement and Leisure	8	CO8

Reference Books:

1. Berk, L. E. (2010). Child Development (9th ed.). New Delhi: Prentice Hall.
2. Berk, L.E. (2017). Development through the Life span (7th ed.). Allyn & Bacon: Pearson.
3. Feldman, R.S. & Babu. N. (2011). Discovering the Lifespan. New Delhi: Pearson.
4. Misra, G. (2011). Handbook of Psychology in India (Section IV), New Delhi: Oxford University Press.
5. Santrock, J. W. (2011). Child Development (13th ed.). New Delhi: McGraw-Hill.

e-Learning Source: Suggestedigitalplatformsweblinks-<http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO 1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	3	2	2	2	2	3	2	3	2	1	2	2	2	3	3
CO2	3	3	1	1	3	2	1	3	1	3	2	3	3	1	3
CO3	1	3	2	2	3	2	3	1	3	1	3	3	1	3	3
CO4	3	3	2	2	3	3	3	2	2	3	2	3	2	2	2
CO5	2	2	2	2	3	3	2	3	3	2	1	3	1	3	2
CO6	3	2	2	2	3	2	3	3	2	3	3	3	2	3	3
CO7	3	3	1	3	2	2	2	3	3	2	3	1	3	1	2
CO8	3	2	3	2	3	3	2	3	2	3	1	3	2	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Effective from Session: 2024-2025

Course Code	A090502T/H S322	Title of the Course	Positive Psychology	L	T	P	C
Year	III	Semester	V	4	0	0	4
Pre-Requisite	Intermediate (10+2)	Co-requisite	None				
Course Objectives	To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains						

Course Outcomes	
CO1	To understand meaning and perspectives of positive psychology
CO2	To know about the positive emotions and its importance
CO3	To understand concepts like hope and resilience
CO4	To study the concept and measurement of gratitude, empathy, compassion and forgiveness
CO5	To learn the techniques to enhance self-awareness
CO6	To understand the concept of social competence
CO7	To know about the concept of happiness
CO8	To understand psychological and subjective wellbeing

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Positive Psychology	Assumptions and Goals; Eastern and Western Perspectives on Positive Psychology	7	1
2	Positive Emotional State	The Broaden and Build Theory of Positive Emotions; Concept of Mindfulness in Buddhism	8	2
3	Positive Cognitive States	Hope, Optimism, Self-efficacy, Resilience: concept and measurement	8	3
4	Gratitude, Forgiveness, Empathy and Compassion	Concept and Measurement; Cultivation exercises in Positive Psychology	8	4
5	Self-Awareness	Concept, Techniques to enhance Self-Awareness	7	5
6	Social Competence	The Value of Social Support and Relationships in a Fulfilling and Meaningful Life; Love and Belongingness	8	6
7	Happiness	Eudemonic and Hedonistic View; Authentic Happiness	7	7
8	Psychological and Subjective Wellbeing	Concept and Components	7	8

Reference Books:

1. Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
2. Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
3. Peterson, C. (2006). A Primer in Positive Psychology. NewYork: Oxford University Press.
4. Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.
5. Snyder, C.R., & Lopez,S.J.(2007). Positive psychology: The scientific and practical explorations of human strengths. Thousand Oaks, CA: Sage.
6. Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of positive psychology. New York: Oxford University Press.

e-Learning Source:

<https://www.scribd.com/document/374854620/Positive-Psychology>

<https://swayam.gov.in/>

<https://egyankosh.ac.in/handle/123456789/1>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)																
PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	2	1	2	4	3	3	4	3	5	2	3	4	3	4	2	3
CO2	3	3	3	2	3	2	3	3	3	3	3	3	2	2	3	2
CO3	5	4	1	5	2	3	2	2	4	3	2	2	3	5	1	3
CO4	3	3	3	3	3	3	3	1	2	1	3	3	3	3	3	3
CO5	4	2	3	1	3	1	2	4	3	5	3	2	1	1	3	2

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

ame & Sign of Program Coordinator

Sign & Seal of HoD