



Integral University, Lucknow

Effective from Session: 2023-2024							
Course Code	HS407	Title of the Course	Personality Assessment: Eastern & Western Concept	L	T	P	C
Year	1	Semester	II	4	0	0	4
Pre-Requisite	Graduation	Co-requisite	None				
Course Objectives	To acquaint students with an in depth understanding of self. To give an exposure to the students about the various procedures of assessment of personality.						
Course Outcomes							
CO1	Understanding the concept of Indian and Western Perspective.						
CO2	Understanding the concept and basics of Yoga, Meditation and Training.						
CO3	Understanding the concept of Theoretical and empirical knowledge of Morality of assessments.						
CO4	Understanding the concept of Projective Techniques.						
CO5	Understanding the concept and nature of Psychometric tests.						
Unit No.	title of the Unit	Content of Unit				Contact Hrs.	Mapped CO
1	Characteristics of Personality: Eastern	Concepts of Satva, Rajas, Tamas: Triguna View Swabhaava: Concept and Characteristics Prakriti: Concept and Characteristics				10	CO1
2	Self- Awareness and Enhancement Techniques	Yoga, Meditation and Sensitivity Training.				9	CO2
3	Approaches to Assessment	Assessment of SRT: Satva, Rajas, Tamas Assessment of Asakti and Anasakti				10	CO3
4	Personality Measurement: Biological Neuroscience.	Self-report tests: Q-sort, Behavioral Observation, Interview, Biographic Projective tests: Draw A Person, Thematic Apperception Test, Rorschach / Ink Blot Test				10	CO4
5	Psychometric Tests	MMPI Kelly's Repertory Grid; Response Distortion: Response style and Response bias				9	CO5
Reference Books:							
<ul style="list-style-type: none"> • Arkoff, A.A. (1985). Psychology and Personal Growth (4th Ed.). Allyn & Bacon Inc. • Burger, J.M. (1986). Personality: Theories and Research. Wordsworth Pub. Co • Fadima, J. & Fager, R. (1976). Personality and Personal Growth. New York: Harger and Row Publishers • Friedman, H.S. and Schustack, M.W. (2006). Personality: Classical Theories and Modern Research. Pearson. • Hjelle, L.A. and Ziegler, D.J. (1976). Personality Theories. McGraw Hill and Co. • Kundu, C. (1977). Personality Development: A critique of Indian Studies. Vishal Publications • Paranjpe, A. (1989). Theoretical Psychology. Springer Publications • Swami Gambharin. (2014). Bhagwad Gita: with the commentary of Shankracharya. Yoga Publications Trust. • Sri Shankaracarya (2009). Vivekacudamani. Translated by Swami Madhavananda. Published by Swami Bodh asarananda Adhyaksha, Advaita Ashrama 							
e-Learning Source:							
https://www.researchgate.net/publication/247767415 The Core and Context of Indian Psychology							

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

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	PSO8
CO1	2	2	3	1	2	2	2	2	2	2	3	3	2	2	1
CO2	3	1	2	2	3	2	2	2	2	2	2	3	2	2	2
CO3	2	3	2	3	2	3	1	2	2	1	2	2	2	2	3
CO4	2	2	2	2	1	2	2	2	1	2	2	2	2	2	2
CO5	2	3	1	2	2	3	2	2	3	3	2	2	2	1	1

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

<p align="center">Name & Sign of Program Coordinator</p>	<p align="center">Sign & Seal of HoD</p>
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