



Integral University, Lucknow

Effective from Session: 2022-23						
Course Code	A050103T/H H109	Title of the Course	Freedom Fighter - Sir Syed Ahmad Khan (Minor)	L	T	P
Year	I	Semester	II	3	1	0
Pre-Requisite	10+12	Co-requisite	None			
Course Objectives	Students will be acquainted with the life of some great personalities of India who worked for the country without any of expectation that they will be remembered like this.					

Course Outcomes	
CO1	To make the students aware of a brief Life sketch of Sir Syed Ahmad Khan
CO2	To make the students aware of Sir Syed Ahmed & Aligarh Movement
CO3	To make the students aware of Sir Syed Ahmed Khan & British Rule
CO4	To make the students aware of Social & Political thoughts
CO5	Encourage students to work for backward and weaker sections of the society

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Sir Syed Ahmed	Life Sketch of Sir Syed Ahmed Khan: His family & Education His experience of Mughal Empire and British Rule in India Sir Syed Ahmed Khan's Achievements and Prominent Literary Works..	12	1
2	Sir Syed Ahmed & Aligarh Movement	Sir Syed Ahmed Khan: A Social Reformer Sir Syed Ahmed Khan: Tehzib-ul-Akhlaq Sir Syed Ahmed Khan: Modern and Scientific Education Sir Syed Ahmed Khan: His contribution to Aligarh Movement	12	2
3	Sir Syed Ahmed Khan & British Rule	Sir Syed Ahmed Khan: Causes of Indian Mutiny 1857 Sir Syed Ahmed Khan: Essay on the Life of Prophet Mohammed Sir Syed Ahmed Khan: Hindi- Urdu Controversy Sir Syed Ahmed Khan : Importance of Hindu- Muslim Unity for India	12	3
4	Social & Political thoughts	Sir Syed Ahmed Khan: Method of Struggle for India's Freedom Sir Syed Ahmed Khan on Nationalism Sir Syed on Democracy	12	4
5	Presentation on Sir Syed Ahmad Khan	Presentation on Sir Syed Ahmad Khan Preparation of PPT & Presentation on Sir Syed Ahmed Khan	12	5

Reference Books:

Hali, Altaf Hussain, Hayaat-e-Jawed
Saikia, Y., & Rahman, M. R. (Eds.). (2019). The Cambridge Companion to Sayyid Ahmad Khan. Cambridge University Press.
Hassan, R. B. (1959). The educational movement of Sir Syed Ahmed Khan, 1858-1898. University of London, School of Oriental and African Studies (United Kingdom).
Sir Syed Ahmed Khan, "Causes of Indian Revolt,
Tania HOSSAIN and Adnan Arif KHAN, "Vision of Sir Syed Ahmad Khan and Aligarh Movement in India" Link to pdf- https://core.ac.uk/download/pdf/333607952.pdf
Syed Ahmad Khan (1817-1898): An Educationist And Reformer Of South Asia
e-Learning Source: Suggestive digital platforms web links- Egyankosh, NCERT

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4
CO1	3	3	2	2	2	1	1	2	2
CO2	3	2	3	1	3	3	2	2	3
CO3	3	2	2	3	3	3	3	3	1
CO4	2	3	2	3	3	3	3	2	2
CO5	2	3	3	3	3	2	3	3	3

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

<p><i>Dr. Vandana Mishra</i> <i>Vandana</i></p> <p>Name & Sign of Program Coordinator</p>	<p><i>Zeba Aqil</i></p> <p>Sign & Seal of HoD</p>
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Humanities & Social Sciences
Integral University, Lucknow



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Effective from Session: 2022-23							
Course Code	A070101T/SS 108	Title of the Course	Society in India: Structure, Organization & Change	L	T	P	C
Year	I st	Semester	II nd	5	1	0	6
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	This paper is designed in this manner, so that students are introduced to the concepts related to Indian Society. They are made familiar with the Indian Society, its linkages and continuity with past and present. It also gives insights to analyze contemporary Indian society. This paper provides comprehensive understanding of Indian society.						

Course Outcomes	
CO1	To develop the understanding about the Indian Society and its structure
CO2	To Understand Indian society through different perspectives
CO3	Enhance Knowledge regarding Culture and Ethnicity
CO4	Learn about Tribal communities
CO5	Learn about Basic Social institutions
CO6	To understand Social Classes of Indian Society
CO7	Extend knowledge regarding Demography and Population
CO8	To understand about transformation of Indian Society

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	The structure and composition of Indian society	Village, Town, City, Rural Urban linkages. Unity and diversity in Indian society	07	CO1
2	Perspective to study Indian Society.	Ideological, Historical, Structural and Functional Perspective to study Indian Society	07	CO2
3	Cultural and Ethnic diversity	Diversities in respect of language, caste, region and religious beliefs and practices	08	CO3
4	Tribal Communities in India	Geographical distribution, Problem of Assimilation, Integration and Assertion, Backwardness and Under development in Tribe.	08	CO4
5	Basic Institutions of Indian society	Caste, Marriage, Religion, Class and Joint Family.	06	CO5
6	Social Classes in India	Agrarian-Rural, Industrial-Urban: The Middle Class; Exclusion and Inclusion, Backward classes, Dalits, Women	08	CO6
7	Population	Structure and dynamics, Demographic analysis, Population explosion, Demographic theories, Population growth and control.	08	CO7
8	Change and Transformation in Indian Society	Factors affecting National Integration: Casteism and Politics of caste in India, Communalism and Politics of communalism, Naxalism	08	CO8

Reference Books:	
Bose, N.K.1967:Culture and Society in India	
Dube, S.C., 1958: India's Changing Villages	
Karve, Irawati, 1961: Hindu Society: An Interpretation	
Srinivas, M.N., 1963Social Change in Modern India	
e-Learning Source:	
IGNOU & Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad	

Course Articulation Matrix: (Mapping of COs with POs and PSOs)														
PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	2	3	1	3	1	1	1	3	1	1	3	3	3
CO2	3	1	2	1	2	2	1	3	3	3	1	3	3	3
CO3	3	-	-	2	1	2	1	3	3	3	-	2	3	3
CO4	3	1	-	3	3	-	2	3	3	3	2	-	2	3
CO5	3	2	2	2	2	1	2	3	3	3	3	2	2	2
CO6	3	-	3	3	3	2	3	3	3	1	3	-	3	3
CO7	3	-	3	3	2	3	3	3	3	3	3	-	3	3
CO8	3	-	2	3	2	3	-	3	3	3	3	-	2	3

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Integral University, Lucknow

Effective from Session: 2022-23

Course Code	HUV102	Title of the Course	Psychology of Resilience	L	T	P	C
Year	I	Semester	II	3	0	0	3
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	Aimed to develop the skills in students and will be able to learn about Interpersonal aspects of Positive Psychology, The science of Happiness and Life Satisfaction, and will be able to apply them in their own and in others' lives. It will also give the learner a clear understanding of the different factors responsible for creating resilience in oneself and in the environment.						

Course Outcomes

CO1	Apply Interpersonal aspects of Positive Psychology, Positive communication, Coping and Positive Psychology, Gratitude and meaning, post-traumatic growth and resilience
CO2	The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion Measurements of happiness and subjective well-being across nations Flexibility and complexity and their role in well-being.
CO3	Transforming, Restorative justice, Mindfulness and well-being, Pursuit of Meaningfulness in Life Humor- Meditation and Positive Psychology - Spirituality.
CO4	The Principles of Pleasure and Mental Health Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being: Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Positive psychology:	-Interpersonal aspects of Positive Psychology, Positive communication, Coping and Positive Psychology, Gratitude and meaning, post-traumatic growth and resilience	12	CO1
2	Subjective WellBeing:	The science of Happiness and Life Satisfaction - Resilience in Development- Concept of Flow - Positive Affectivity, Positive Emotion Measurements of happiness and subjective well-being across nations.Flexibility and complexity and their role in well-being	12	CO2
3	Transforming conflicts:	Restorative justice, Mindfulness and well-being, Pursuit of Meaningfulness in Life Humor- Meditation and Positive Psychology - Spirituality.	11	CO3
4	Applying Positive Psychology:	The Principles of Pleasure and Mental Health Distinguishing the Positive and Negative Emotions – Happiness and Subjective Well – being: Living a Pleasurable Life – Emotion Focused Coping – Emotional Intelligence.	10	CO4

Reference Books:

1. Cornelissen, M., Mishra, G. & Verma, S. (2014). Foundations of Indian Psychology. New Delhi: Pearson Education.
2. Feldman, R. S. (2006). Understanding Psychology. India: Tata McGraw-Hill.
3. Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). Positive psychology: The scientific and practical explorations of human strengths. Sage Publications.
4. Zimbardo, P.C. & Weber, A.L. (1997). Psychology. New York: Harper Collins College Publishers.
5. Balog, J. E. (1978). An historical review and philosophical analysis of alternative concepts of health and their relationship to health education (Unpublished dissertation). Maryland: University of Maryland

e-Learning Source: Egyankosh, ePathshala, swayam

PO-PSO CO	PO1	PO2	PO3	PO4	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	2	3	3	3	2
CO2	2	2	2	3	2	3	2	3
CO3	3	2	3	2	2	3	1	3
CO4	3	2	3	3	3	3	3	3

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