

CHILDREN'S UNIVERSITY COURSE TEMPLATE

1. Academic Learning Compact/Academic Learning Plan (ALC/ALP)

Course Title : Indian Psychology	
Course Code: MAPSYEG-105 A	No. of Credits: 04
Department/Discipline: Psychology	Faculty: 01
Learning Hours: 60 Lect./Lab./Tuto./Gr.Study/Pri.Study	
Student Quota: 35	
Course Type: Generic Core/Elective/Foundation/Generic	
Offered in Academic Year: 2021-22	Even Semester I

2. Course Objectives

<ol style="list-style-type: none"> 1. To impart knowledge about basic concepts of Indian Psychology. 2. To identify the standards and Methods of Indian psychology. 3. To introduce students to the understanding of Chitta, Will power and Ignorance
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3. Course Content

Unit	Topics	Content/ Fundamental Concepts	Unit wise SLO
1.	Indian Psychology	1.1 Indian Psychology Emergence and Development Line 1.2 Forms (Nature) of Indian Psychology 1.3 Indian Psychology and Modern Religious Psychology 1.4 Subject of Indian Psychology 1.5 Standards and Methods in Indian Psychology 1.6 The peculiarity of the form of Indian psychology	To inform students about what is Indian psychology? To know about standards and methods of Indian Psychology. To inform students about form of Indian Psychology.

2.	Chitta and the constitution of Chitta	2.1 What is Chitta? 2.2 Instincts of the Chitta 2.3 Conflicts of the Chitta 2.4 Conflicts and human behavior 2.5 Intuition Quadrant 2.6 Impurities of the Chitta 2.7 Tools for purification of the Chitta	To know about Chitta. To know about tools and purification of the Chitta
3.	Will power and personality	3.1 What is will power? 3.2 The difference between desire and will power 3.3 Determination and its training 3.4 Vitality concentration and unified resolve 3.5 Suggestion 3.6 Individuality and Personality	To explore what is will power. To learn about Individuality and Personality.
4.	Life Philosophy: The Problem of Ignorance and Tragedy	4.1 What is ignorance? 4.2 Why ignorance? 4.3 Ignorance and sorrow 4.4 The constructive value of sad 4.5 Nature of happiness 4.6 Why does happiness and sorrow become big? 4.7 A view of happiness and sorrow 4.8 The path to liberation from Ignorance and sorrow	Students will know what ignorance is. To know about nature of Happiness and sorrow.

4. Course Teaching & Learning Activities

Lectures (hrs) In/out of Class	Interactive Tutorial (hrs) In/Out	Laboratory (hrs)	Case Discussion (hrs)	Field Trip (hrs)	Projects (hrs)	Web Based Learning (hrs)	Others (hrs)
45	03	NA	05	----	05	05	--
M	O	NA	O	O	O	O	--

M- Mandatory Activity for the course, O-optional Activity, NA-not applicable

5. Assessment Schemes (including rationale)

Task	Time	Description	Weight
1. Group Projects & Seminar Presentation	-	-	10
2. Assignments	-	-	10
3. MCQ Test	-	-	10
4. Internal Exam	-	-	20
5. Final Exams			50

6. Course Schedule

Class/Week	Date	Topic	Requirements
01 to 04	December	Unit-I	Appeared in Semester- I
05 to 08	January	Unit-II	
09 to 12	February	Unit-III	
13 to 15	March	Unit-IV	

7. Recommended learning Resources

1. Handouts
2. Textbooks/e books
3. Reference books
4. On Line Resources
5. Question Bank

8. Reference Books

1. Lajjaram Tomar. “Bharatiya Shixanna Mul Tatvo” Guj. Anuvadak Indumati Katdare, Vidyabharati, Gujarat, Karnavati.
2. Bhaandev. “Bhartiya Manovigyan” Amrut Prakashn, Rajkot
3. Swami Akhilanand . “Hindu Manovigyan: Pashchim mate tena arth ”, Guj. Anuvadak Dr. Bhavanaben Trivedi, University Granth Nirman Board, Gujarat.

CHILDREN'S UNIVERSITY COURSE TEMPLATE

1. Academic Learning Compact/Academic Learning Plan (ALC/ALP)

Course Title : Psychological Essays	
Course Code: MAPSYEG-105 B	No. of Credits: 04
Department/Discipline: Psychology	Faculty: Arts
Learning Hours: 60 Lect./Lab./Tuto./Gr.Study/Pri.Study	
Student Quota : 35	
Course Type : Generic Core/Elective/Foundation/Generic	
Offered in Academic Year: 2020-21	Odd Semester: I

1. Course Objectives

Course Objective: -

1. To create an understanding about child development in respect to physiological and environmental factors.
2. To provide conceptual frame work about positive psychology, mental health and adjustment.
3. To create an understanding about techniques of stress management and counselling.

2. Course Content

1. Physiological Factors of Child Development
2. Child's Interaction with their Environment
3. Personality Development during Babyhood and Childhood
4. Mental Health :Meaning, Characteristics and Aspects of Mental Health (Merry Johda)
5. Positive Psychology : Meaning ofPositive Psychology, Types of wellbeing,Happiness (Meaning and Types of Happiness)
6. Management of stress: Meaning ofStress,Types of Stress,Causes of Stress, Management of Stress
7. Counselling Techniques
8. Adjustment: Nature of Adjustment Process, Characteristics of Adjustment, Field of Adjustment

4. Course Teaching & Learning Activities

Lectures (hrs) In/out of Class	Interactive Tutorial (hrs) In/Out	Laboratory (hrs)	Case Discussion (hrs)	Field Trip (hrs)	Projects (hrs)	Web Based Learning (hrs)	Others (hrs)
45	03	NA	03	03	03	03	--
M	O	NA	O	O	O	O	--

M- Mandatory Activity for the course, O-optional Activity, NA-not applicable

5. Assessment Schemes (including rationale)

Task	Time	Description	Weight
a. Group Projects & Seminar Presentation	-	-	10
b. Assignments	-	-	10
c. MCQ Test	-	-	10
d. Internal Exam	-	-	20
e. Final Exams	-	-	50

6. Recommended learning Resources

- f. Handouts
- g. Textbooks/e books
- h. Reference books
- i. On Line Resources
- j. Question Bank

7. Reference Books

1. Berk Laura E. (2009), "Child Development" (8th Edition) Pearson Education (Indian Edition) , New Delhi.
2. Hurlock, E.B. (1978), Child Development, McgrowHill , New Delhi
3. Patel, C.P. (1993), Child Psychology, Granthnirmal board, Ahmedabad
4. Baron, Robert A. and Byrne, D. (2001). Social Psychology (8th edition) Reprint, New Delhi: Prentice-Hall of India Pvt. Ltd.
5. Patel, S. T. "Salah Manovignan"3rd edition University Granthnirman Board Ahmedabad.

6. Baumgardner, S.R. and Crothers M.K. (2009) Positive Psychology , Pearson New Delhi.
7. Seligman M.E.P. and Csikzetrnihalyi (2009), Positive Psychology : An introduction, American Psychologist.
8. એચ. જે. ભટ્ટ અને એ. એચ ભટ્ટ (૧૯૭૬). 'શૈશવનું મનોવિજ્ઞાન'ગુજરાત, યુનિવર્સિટી, અમદાવાદ.