

LESSON PLAN

Department Name: PSYCHOLOGY

Name of Faculty: DD, SM, PG

Paper Name & Code: MAJOR, SEC, IDC semester 1

Planned				After Implementation	
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit: I	(a)Introduction: Nature, definition, scope and branches of Psychology, Methods: Observation, Experimentation, Interview, Field Study, Correlational Method	Atkinson, R.L., Atkinson, R.C., Smith, E.E., &Hilgard, E.R. : Introduction to Psychology, (Latest Edition). Harcourt Brace Java Publishers, Tokyo. Baron, R. &Misra.G. (2013).Psychology. New Delhi: Pearson.	6	Lecture , Chalk and Duster	SM
	(b) Brief Concepts of Schools of Psychology: Structuralism, Behaviourism, Gestalt	Woodworth, R.S., & Sheehan, M.R.: Contemporary Schools of Psychology, (Latest Edition) Methuen and Co. Ltd. London.	4	Lecture , Chalk and Duster	SM
	(c)Need for quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval and Ratio	Singh,A.K.: Tests, Measurements and Research Methods In Behavioural Sciences.	2	Lecture , Chalk and Duster	SM
	(d)Variables and their classifications, Independent, Dependent and Controlling of variables	Singh,A.K.: Tests, Measurements and Research Methods In Behavioural Sciences.	4	Lecture , Chalk and Duster	DD

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Unit:II	To relate attentional processes with other aspects of Information processing (example below: stimulus input to decision making) (a)Attentional Processes: Nature of Attention, Determinants of Attention (to link to the evolutionary concept and to put emphasis on the nature of the Stimulus and why it attracts our attention), Shift, Oscillation, Fluctuation (must be explained all phenomena with some simple classroom demonstration) and distraction, theories of attention	Solso, R. L., Maclin, H., & Maclin, M. K.(2008). Cognitive Psychology (8th Edition). Pearson Publishing House.	4	Lecture , Chalk and Duster	PG
	(b) Sensation and Perception: Introduction to Psychophysics, Concept of sensory thresholds, Weber-	As per PPT from BOS & Singh,A.K.: Tests, Measurements and Research Methods In	7	Lecture , Chalk and Duster, PPT	DD

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	Fechner Law, Classical Methods: Gradation, Constant and average error	Behavioural Sciences.			
	(c) Biological Foundation of Behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of Studying biological foundation in Behavioural Science) Reception of information through dendrites then it Moves through axon afferent neuron (first-order neuron) Spinal Cord and brainstem second order Neuron thalamus third order neuron Brain (No detailing of brain) Efferent neurons	Pinel, J.P.J: Biopsychology, Allyn and Bacon, 2000.	4	Lecture , Chalk and Duster	DD+ PG
Unit:III	(a) Processing of data: (i) Tabulation, classification and frequency distribution of data; plotting of Graph	Das, D. & Das, A.: Statistics in Biology and Psychology, (Latest Edition) Academic	8	Lecture , Chalk and Duster	SM

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	(Polygon, histogram and Ogive)	Publishers. Garrett, H.E & Woodworth, R.S.: Statistics in Psychology and Education. Vakils Feffer & Simons Ltd. 1981.			
	(b) Concept, types, uses and measures of Central tendency and dispersion	Das, D. & Das, A.: Statistics in Biology and Psychology, (Latest Edition) Academic Publishers. Garrett, H.E & Woodworth, R.S.: Statistics in Psychology and Education. Vakils Feffer & Simons Ltd.	8	Lecture , Chalk and Duster	DD
	(c) Normal Probability Curve: Properties and Application	Singh, A.K.: Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New	4	Lecture , Chalk and Duster	PG

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		Delhi, 1988.			
Practicum	(a) Fluctuation of Attention	Woodworth, R.S. & Schlosberg, H.: Experimental Psychology (Latest Edition) Primlani, Oxford and MBH Publishing Co. Calcutta.	10	Lecture , Chalk and Duster , Machine Demo	PG
	(b) Reiz Limen (RL	As per PPT from BOS , A K Singh - Tests, Measurements And Research In Behavioural Sciences	25	Lecture , Chalk and Duster, live demo and data collection	DD
	(c) Computational Techniques of the measures of Central tendency and dispersion	Das, D. & Das, A.: Statistics in Biology and Psychology, (Latest Edition) Academic Publishers. Garrett, H.E & Woodworth, R.S.: Statistics in Psychology and Education. Vakils	5	Lecture , Chalk and Duster	DD

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		Feffer & Simons Ltd.			
	(d) Graphical Representation: Frequency Polygon, Histogram and Ogive	Das, D. & Das, A.: Statistics in Biology and Psychology, (Latest Edition) Academic Publishers. Garrett, H.E & Woodworth, R.S.: Statistics in Psychology and Education. Vakils Feffer & Simons Ltd.	5	Lecture , Chalk and Duster	SM
SKILL ENHANCEMENT COURSE (SEC)					
UNIT 1	Stress: Introduction, Nature of stress, symptoms of stress; Various sources of stress: environmental, social, physiological and psychological.	DiMatteo, M.R. & Martin, L.R.(2002). Health psychology. New Delhi: Pearson. Carr, A. (2004). Positive Psychology: The science of happiness and human	15	Lecture , Chalk and Duster	PG

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		strength.UK: Routledge.			
Unit 2:	Stress and health: effects of stress on health, eustress.	Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge. DiMatteo, M.R. & Martin, L.R.(2002). Health psychology.New Delhi: Pearson. Goldberger, I. & Breznitz, S.(1986). Handbook of Stress: Theoretical and Clinical Aspect. The Free Press Collier MacMillan Publishers. London.	15	Lecture , Chalk and Duster	DD
Unit 3:	Managing stress: Methods - yoga, meditation, relaxation techniques, Problem focused & Emotion focused	Neiten, W. & Lloyd, M.A (2007). Psychology applied to Modern life. Thomson Detmar	15	Lecture , Chalk and Duster	SM

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	approaches.	Learning. Misra, G. (Ed.) (1999). Psychological Perspectives on Stress and Health, New Delhi, Concept.			
Practicum	Administration of Perceived Stress Scale	As per PPT from BOS	5	Lecture , Chalk and Duster	DD
	Administration of State Trait Anxiety Inventory	As per PPT from BOS	5	Lecture , Chalk and Duster	SM
	Effect of Brief Relaxation on Perceived Stress (Pre and Post Design).	As per PPT from BOS	20	Lecture , Chalk and Duster	PG+SM+DD
INTERDISCIPLINARY COURSE (IDC)					
Unit 1	1a): Introduction to Human Resource Management (HRM): HRM and HRD,	Aamodt, M.G. (2001) Industrial/ Organizational Psychology. Thompson	8	Lecture , Chalk and Duster	DD

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	Context and issues in HRM	Wadsworth, a division of Thompson Learning Inc.			
	b)) Human Resource Practices Job analysis; Recruitment and selection; Training	Bhatnagar, J. & Budhwar, J. (2009). The changing face of people management in India. London:	12	Lecture, Chalk and Duster	DD + PG
Unit 2:	International human resource management (IHRM) The context of Globalization, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede).	Briscoe, D. R., Schuler, R. S. & Claus, L. (2009). International human resource management: Policies And practices for multinational enterprises (3rd Ed). New York: Routledge. Chadha, N.K. (2005) Human Resource Management-Issues, case studies and experiential exercises. (3rd ed.) New Delhi: Sai Printographers.	15	Lecture, Chalk and Duster	SM

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		DeCenzo, D.A.& Robbins, S.P.(2006). Fundamentals of human resource management. (8th Ed).			
Practicum	Administration of Organizational Role Stress Scale	As per PPT from BOS	10	Lecture , Class Demonstration and live data collection	DD
		Total	212		

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Planned				After Implementation	
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
CC-5: DEVELOPMENT OF PSYCHOLOGICAL THOUGHT					
Unit 1	Understanding Psyche A universal quest for understanding Consciousness. Indian Perspective: Yoga and Vedant. Western Perspective. Emergence of modern psychology: Questions from Western view.	King, D.B., Viney, W. & Woody, W.D. (2008). A history of psychology: Ideas and context. (4th Ed.). Pearson education.	7	Lecture , Chalk and Duster	PG + SM
Unit 2:	Positivist Orientation in Behaviourism(Watson), Neo-behaviouristic traditions (Skinner),	As per PPT from BOS	4	Lecture , Chalk and Duster	PG
	Cognitive revolution-A paradigm shift.	As per PPT from BOS	4	Lecture , Chalk and Duster	SM
Unit 3:	Analytic Debates Clinical Vs Phenomenological, Freudian Psychoanalysis. The shift towards social and cultural; Developments of Third Force: Humanistic	Kakar, Sudhir. (2006). Culture and Psychoanalysis : A Personal Journey. Social Analysis, Volume 50, Number 2, Summer 2006,pp.25-44.	6	Lecture , Chalk and Duster	PG + SM

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	and Existential.				
Unit 4	Psychology of Gender.	Helgeson, V.S. (2006). Psychology of Gender. Pearson Education.	12	Lecture , Chalk and Duster, PPT	PG
Practicum	Indian Gender Role Identity Scale-	Helgeson, V.S. (2006). Psychology of Gender. Pearson Education.	4	Lecture , Chalk and Duster, Live demonstration and data collection	PG
<u>CC-6: PSYCHOLOGICAL RESEARCH</u>					
Unit 1:	Basic Research in Psychology: What is Psychological Research? The Goals of Psychological Research, Principles of Good Research, Ethics in Psychological Research.	Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth Singh,A.K.(1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi.	12	Lecture , Chalk and Duster	DD
	Research Traditions : Quantitative and	As per PPT from BOS , Bryman, A.(2004).	14	Lecture , Chalk and Duster	DD

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	Qualitative orientations toward research, Comparing Qualitative and Quantitative Research Traditions, Formulating a problem and developing a testable research question/ research hypothesis.	Quantity and Quality in Social Research.Routledge. Chadha, N.K. (2009) Applied Psychometry. Sage Pub: New Delhi Dyer, C. (2001) Research in Psychology: A Practical Guide to Research Methodology and Statistics (2Ed.) Oxford: Blackwell Publishers			
Unit 2:	Sampling: Probability and Non- probability sampling methods.	Kerlinger, F.N.& Lee, H.B.(1999). Foundations of Behavioural Research. Wadsworth	14	Lecture , Chalk and Duster	PG
Unit 3	Case Study, Observation, Interview & Survey.	Singh,A.K.(1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi.	6	Lecture , Chalk and Duster	PG

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	Focus Group Discussion	Singh,A.K.(1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi.	6	Lecture , Chalk and Duster	DD
Unit 4	Characteristics of a test-Standardization, Reliability (with sums), Validity (without sums), Norms.	Singh,A.K.(1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi.	12	Lecture , Chalk and Duster	SM
Practicum	Coping Scale by Rao, K.,Subbakrishna, D.K. & Prabhu, G.C.(1989). Development of a Coping Checklist-A Preliminary Report, Indian Journal of Psychiatry, 31(2), 128-133.	As per PPT from BOS	4	Lecture , Chalk and Duster, Live demonstration and data collection	DD
CC-7 : SOCIAL PSYCHOLOGY					
Unit 1:	Introduction Nature and scope of Social Psychology. Overview of	As per PPT from BOS, Baron, R.A., Byrne, D. &Bhardwaj, G.	12	Lecture , Chalk and Duster	DD

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	the history of Social Psychology (including development in India).	(2010).Social Psychology (12th Ed.). New Delhi: Pearson. Baumeister,R.F.& Bushman,B.J.(2013).Social Psychology and Human Nature.Wadsworth. Franzoi, S.L. (2009). Social Psychology (5th Ed.). New York: McGraw-Hill.			
Unit 2:	Understanding and evaluating the social world Social cognition, Social perception, Attitudes, Attitude-behaviour link.	As per PPT from BOS , Social Psychology - AK Singh	12	Lecture , Chalk and Duster	SM
Unit 3:	Interpersonal attraction, Pro-social behaviour, Social Influence.	As per PPT from BOS, Social Psychology - AK Singh	12	Lecture , Chalk and Duster	SM
Unit 4	Nature of groups, Nature of inter-group relations	As per PPT from BOS , Krech, D. & Crutchfield,	14	Lecture , Chalk and Duster	DD

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	(prejudice, inter-group conflict, intervention techniques).	R. S. Theory and Problems of Social Psychology. McGraw Hill. Kuppuswamy. An Introduction to Social Psychology. Media Promoters and Publishers Pvt Ltd.			
Practicum	On Social Facilitation by Problem-solving-- Individual and Group Situation.	As per PPT from BOS , Singh,A.K.(1988). Tests, Measurements and Research Methods In Behavioural Sciences. Tata McGraw Hill, New Delhi.	25	Lecture , Chalk and Duster, Live demonstration and data collection	DD
SKILL ENHANCEMENT COURSE (SEC) SEC-A-01: BEHAVIOUR MODIFICATION					
UNIT 1	What is behaviour. What is behaviour modification. What is behaviour	Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L. (1975). Introduction to Psychology, 6 Ed. Oxford IBH Publishing.	8	Lecture , Chalk and Duster	PG

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	assessment.				
UNIT 2	Classical conditioning theory, basic principles, cognitive perspective and applications. Operant conditioning theory, basic principles, punishment, negative reinforcement, schedules of reinforcement, cognitive perspective and applications.	Hilgard, E.R., Atkinson, R.C., and Atkinson, R.L. (1975). Introduction to Psychology, 6 Ed. Oxford IBH Publishing.	14	Lecture , Chalk and Duster	PG
UNIT 3	Techniques- Token Economy, Contingencies, Shaping, Premack Principle.	Miltenberger, R.G.(May 12th 2011) Behaviour Modification: Principles and Procedures. Wadsworth Publishing Company	14	Lecture , Chalk and Duster	PG
UNIT 4	Applications- School, Family, Work. Behavioural principles and procedures- a) Getting a behaviour to occur more often with	Miltenberger, R.G.(May 12th 2011) Behaviour Modification: Principles and Procedures. Wadsworth Publishing	14	Lecture , Chalk and Duster	PG

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	positive reinforcement, b.) Developing and maintaining behaviour with conditioned reinforcement, c.) Decreasing a behaviour with extinction. Planning, applying and evaluating.	Company			
		Total	230		

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Planned				After Implementation	
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
CC11:UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS					
Unit 1	Biological aetiology-explanations and interventions for Mood disorders and Schizophrenia Applications in case of Mood Disorders and Schizophrenia	As per PPT from BOS, Kaplan and Sadock's Synopsis of Psychiatry. Behavioural Sciences/ Clinical Psychiatry. Benjamin James Sadock and Virginia Alcott Sadock, Walters Kluwer/Lippincott Williams and Wilkins, 2007.	12	Lecture , Chalk and Duster	SM + PG
Unit 2	Insight oriented explanations and interventions Psychoanalytic perspective - OCD, Dissociative disorder	Carson,R.C., Butcher,J.N., Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.	12	Lecture , Chalk and Duster	SM + PG
Unit 3	Behavioural and Cognitive explanations Application in case of : phobias, depression	Carson,R.C., Butcher,J.N., Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.	12	Lecture , Chalk and Duster	SM + PG

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Unit 4	Perspectives of Counselling Concept, Steps, Types- Directive, Nondirective and Eclectic	Corey, G. (2008). Theory and Practice of Counseling and Psychotherapy. Thomson Learning	14	Lecture , Chalk and Duster	DD
Practicum	Psychiatric Morbidity: General Health Questionnaire 28: Goldberg, D.P., & Hiller, V.E. (1979). A scaled version of the General Health Questionnaire.	As per PPT from BOS , Test Manual	8	Lecture , Chalk and Duster, PPT, Demo and data collection	SM
CC-12: DEVELOPMENTAL PSYCHOLOGY					
Unit 1	Concept of Human Development; Themes(Cephalocaudal and Proximodustal). Research designs.	As per PPT from BOS Berk, L. E. (2010). <i>Child Development</i> (9 th Ed.). New Delhi: Prentice Hall. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human</i>	10	Lecture , Chalk and Duster	DD

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		<i>development</i> (9 th Ed.). New Delhi: McGraw Hill.			
Unit 2	Stages of Lifespan Development Prenatal Development, Adolescence, Adulthood.	As per PPT from BOS Berk, L. E. (2010). <i>Child Development</i> (9 th Ed.). New Delhi: Prentice Hall. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human development</i> (9 th Ed.). New Delhi: McGraw Hill.	6	Lecture , Chalk and Duster	DD
	Birth and Infancy Childhood,	As per PPT from BOS Berk, L. E. (2010). <i>Child Development</i> (9 th Ed.). New Delhi: Prentice Hall. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human</i>	6	Lecture , Chalk and Duster	PG SM

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		<i>development</i> (9 th Ed.). New Delhi: McGraw Hill.			
Unit 3	Cognitive development: perspectives of Piaget and Vygotsky; Language development; Emotional development; Moral development: perspective of Kohlberg; Personality development (theories- Freud, Erickson)	As per PPT from BOS Berk, L. E. (2010). <i>Child Development</i> (9 th Ed.). New Delhi: Prentice Hall. Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human development</i> (9 th Ed.). New Delhi: McGraw Hill.	15	Lecture , Chalk and Duster	SM + PG
Unit 4	Peers, Schooling.	As per PPT from BOS, Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human development</i> (9 th Ed.). New Delhi: McGraw Hill.	7	Lecture , Chalk and Duster	DD

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	Family	Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). <i>Human development</i> (9 th Ed.). New Delhi: McGraw Hill.	7	Lecture , Chalk and Duster	PG
Practicum	Parent Child Relationship- Rao, N.(1989).Manual for Parent Child Relationship Scale.Natoonal Psychological	Test Manual	4	Lecture , Chalk and Duster	SM
DSE-A-01: POSITIVE PSYCHOLOGY					
Unit 1:	Introduction Positive Psychology: An Introduction, Perspectives on Positive Psychology---- Western and Eastern, Character strengths and Virtues.	Carr, A. (2004). <i>Positive Psychology: The science of happiness and human strength</i> .UK: Routledge.	4	Lecture , Chalk and Duster	PG

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Unit 2	Positive Emotional States and Processes Happiness and Well-being; Emotional Intelligence.	Carr, A. (2004). <i>Positive Psychology: The science of happiness and human strength</i> .UK: Routledge.	12	Lecture , Chalk and Duster	DD + PG
Unit 3:	Positive Cognitive States and Processes Self-efficacy, Wisdom, Flow, Mindfulness.	Seligman, M.E.P. (2002). <i>Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment</i> . New York: Free Press/Simon and Schuster.	12	Lecture , Chalk and Duster	SM + PG
Unit 4:	Applications Work , Education.	Snyder, C.R., &Lopez,S.J.(2007). <i>Positive psychology: The scientific and practical explorations of human strengths</i> . Thousand	12	Lecture , Chalk and Duster	DD

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		Oaks, CA: Sage. Snyder, C. R., & Lopez, S. (Eds.). (2002). <i>Handbook of positive psychology</i> . New York: Oxford University Press.			
Practicum	Well-being: Verma, S.K., & Verma, A. (1989). Manual for PGI General Well-being Measure. Lucknow: Ankur Psychological Agency.	As per PPT from BOS , Snyder, C. R., & Lopez, S. (Eds.). (2002). <i>Handbook of positive psychology</i> . New York: Oxford University Test Manual	12	Lecture , Chalk and Duster	DD
DSE-B-03: HEALTH PSYCHOLOGY					
Unit 1:	Introduction to Health Psychology: components of health- social, emotional, cognitive and physical aspects; goals of health psychology;	Taylor, S.E. (2006). <i>Health psychology</i> . (6th Ed.) New Delhi: Tata McGraw Hill.	14	Lecture , Chalk and Duster	PG

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	biopsychosocial model of health.				
Unit 2:	Characteristics of health behaviour ; Barriers to health behaviour.	Snyder, C. R., & Lopez, S. (Eds.). (2002). <i>Handbook of positive psychology</i> . New York: Oxford University Seligman, M.E.P. (2002). <i>Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment</i> . New York: Free Press/Simon and	12	Lecture , Chalk and Duster	SM

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		Schuster. Snyder, C.R., &Lopez,S.J.(2007). <i>Positive psychology: The scientific and practical explorations of human strengths.</i> Thousand Oaks, CA: Sage. Sarafino, E.P. (2002). <i>Health psychology: Bio psychosocial interactions</i> (4th Ed.).NY: Wiley.			
Unit 3:	Exercise, nutrition, safety, pain.	Snyder, C. R., & Lopez, S. (Eds.). (2002). <i>Handbook of positive psychology.</i> New York: Oxford University Sarafino, E.P. (2002). <i>Health psychology: Bio psychosocial interactions</i>	12	Lecture , Chalk and Duster	DD

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		<p>(4th Ed.).NY: Wiley.</p> <p><i>Potential for Lasting Fulfillment.</i> New York: Free Press/Simon and Schuster.</p> <p>Snyder, C.R., & Lopez, S.J. (2007). <i>Positive psychology: The scientific and practical explorations of human strengths.</i> Thousand Oaks, CA: Sage.</p>			
Unit 4:	<p>Health and Well-Being</p> <p>Life satisfaction (Meaning in life);</p>	<p>As per PPT from BOS</p> <p>Carr, A. (2004). <i>Positive Psychology: The science of happiness and human strength.</i> UK: Routledge.</p> <p>Sarafino, E.P. (2002). <i>Health psychology: Bio psychosocial interactions</i></p>	6	Lecture , Chalk and Duster	SM

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		(4th Ed.).NY: Wiley.			
	Optimism and Hope.	Carr, A. (2004). <i>Positive Psychology: The science of happiness and human strength</i> .UK: Routledge.	4	Lecture , Chalk and Duster	PG
Practicum	Hope: Adult Hope Scale- Snyder, C.R., Harris, C., Anderson,J.R., Holletan, S.A., Irving, L.M., Sigmon, S.T.et.al.(1991).The will and the ways: Development and validation of an individual differences measure of hope.Journal of Personality and Social Psychology, 60, 570-585.	Test manual and Hope paper	4	Lecture , Chalk and Duster	PG
		Total	217		