

As Per NEP 2020

University of Mumbai



Syllabus for Basket of OE	
Board of Studies in Home Science	
UG First Year Programme	
Semester	I
Title of Paper	Credits
II) Dynamics of Interpersonal Relationships (Theory)	2
From the Academic Year	2024-2025

Sr. No.	Heading	Particulars
1	Description the course : Including but Not limited to :	Dynamics of Interpersonal Relationships (Theory) 1. To impart knowledge and facilitate the development of skills and techniques in the basic area of Home Science required for personal, professional and community advancement. 2. To inculcate in students, values and attitudes that enhance personal, life skills and family growth and to sensitize them to various social issues for the development of a humane society. 3. To promote in students a scientific temper and competencies in research to enable contributions to the national and international knowledge base in Home Science and allied fields. 4. In sum, to empower our
2	Vertical :	Major/Minor/√ Open Elective /Skill Enhancement / Ability Enhancement/Indian Knowledge System/
3	Type :	Theory
4	Credit:	2 credits (1 credit = 15 Hours for Theory)
5	Hours Allotted :	30 Hours
6	Marks Allotted:	50 Marks
7	Course Objectives: (List some of the course objectives) 1. Understand meaning and the different types of interpersonal relationship and their significance in an individual's life. 2. Identify and evaluate the stages of relationship development and recognize the unique challenges and dynamics present in each stage. 3. Understand how various familial relationships (parent-child, sibling, interparental) influence individual development and interpersonal interactions. 4. Understand the challenges and transitions inherent in romantic relationships and analyse factors contributing to attraction, love, and relationship satisfaction.	

	5. Understand and evaluate the functions and types of friendships across the lifespan, as well as their role in maintaining well-being. 6. Understand the interpersonal dynamics in professional settings and conflict management strategies. 7. Develop skills and competencies to maintain healthy relationships and improve their quality of life. 8. Evaluate and analyse their own interpersonal relationships and develop strategies for improving their relationships and lead a healthy life.
8	Course Outcomes: (List some of the course outcomes) 1. demonstrate a comprehensive understanding of the theoretical foundations of interpersonal relationships and their practical implications. 2. navigate different stages of relationship development with awareness of the challenges and opportunities presented in each stage. 3. understand the impact of family dynamics on individual behavior and interpersonal relationships, and develop strategies for managing familial relationships effectively. 4. navigate the complexities of romantic and friendship dynamics, demonstrating empathy, intimacy, and effective communication skills. 5. develop strategies for resolving common relationship challenges and conflicts, fostering resilience and growth in interpersonal relationships. 6. navigate interpersonal dynamics in professional settings, demonstrating leadership skills, teamwork, and conflict resolution strategies. 7. reflect on their own interpersonal skills and relationships, identifying areas for growth and developing strategies for self-improvement.
9	Modules:- Per credit One module can be created Module 1: Introduction to Interpersonal relationships 1. Definition and significance of interpersonal relationships 2. Stages of Interpersonal relationships (Acquaintance, The Development Stage, Continuation Stage, Deterioration, Dissolution, Termination Stage) 3. Theoretical frameworks for understanding interpersonal relationships (e.g., Uncertainty reduction Theory, social exchange theory,) 4. Factors affecting Interpersonal relationships 5. Relationship maintenance strategies (e.g., self-disclosure, forgiveness, gratitude, Flexibility etc.)

Module 2:Types of Interpersonal relationship		
	A. Family i. Relationships in marriage (spouse, in-laws, etc.) ii. Parent-child relationships iii. Inter-parental relationships and their impact on children iv. Sibling relationships v. Grandparent-child relationships vi. Importance of family relationships B. Friends i. Role and importance of friendships ii. Characteristics of friendships iii. Stages of Friendship iv. Friendships across the lifespan C. Romantic relationships i. Types of romantic relationships ii. Relationship transition (e.g., dating, commitment, cohabitation/marriage) D. Workplace colleagues i. Healthy interpersonal relationships in the workplace ii. Interpersonal dynamics in the workplace iii. Leadership and team dynamics E. Platonic relationship i. Platonic love ii. Platonic love v/s Romantic love iii. Benefits of Platonic relationships	
10	Text Books: 1. 2. 3. 4. 	
11	Reference Books: 1. Hayes, J (2002). Interpersonal Skills at Work (2nd ed). Routledge 2. Johnson, L (Ed) (2018). Interpersonal Relationships. The Goodheart-Willcox Company, Inc. 3. Levine, M. P (2022). Interpersonal Relationships. IntechOpen Book Series. Ebook (Pdf), ISBN978-1-83962-696-8 4. Mattingly, B. A., McIntyre, K. P., & Lewandowski Jr., G. W. (Eds) (2020) Interpersonal Relationships and the Self-Concept. Springer 5. Stebbins, R (2015). Interpersonal Relationships in Leisure and Positive Psychology: Linking Activities with Positiveness (pp 57-69). UK: Palgrave Macmillan	
12	Internal Continuous Assessment: 40%	External, Semester End Examination 60% Individual Passing in Internal and External Examination

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Continuous Evaluation through:

Quizzes, Class Tests, presentation, project, role play, creative writing, assignment etc.(at least 3)

CONTINUOUS INTERNAL EVALUATION (planned as per the need of the course)	Mark s
Class participation/Quiz/Review of literature and guided discussions/Q&A sessions	20
Class tests/PPT Presentations and relevant planned assignments	20
Total Marks for Internal Assessment	40
SEMESTER-END THEORY EXAMINATION	
All questions are compulsory with internal choice.	
Question 1 – Unit 1	12
Question 2 – Unit 2	12
Question 3 – Unit 3	12
Question 4 – Unit 4	12
Question 5 – From Multiple Units	12
Total Marks for Semester End Examination	60

Evaluation for Theory (2 Credits for 50 Marks)

CONTINUOUS INTERNAL EVALUATION (planned as per the need of the course)	Mark s
Class participation/Quiz/Review of literature and guided discussions/Q&A sessions	10
Class tests/PPT Presentations and relevant planned assignments	10
Total Marks for Internal Assessment	20
SEMESTER-END THEORY EXAMINATION	
All questions are compulsory with internal choice.	
Question 1 – Unit 1	10
Question 2 – Unit 2	10
Question 3 – From Multiple Units	10
Total Marks for Semester End Examination	30

Evaluation for Practical (2 Credits for 50 Marks)

CONTINUOUS INTERNAL EVALUATION (planned as per the need of the course)	Mark s
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		Class Participation/Internal Assessment during laboratory work/experiments/practical tasks	10														
		Journal/Portfolio/Presentation/Reports/Cas e papers/Assignments	10														
		Total Marks for Internal Assessment	20														
		SEMESTER-END PRACTICAL EXAMINATION															
		All questions are compulsory with internal choice.															
		Question 1 - Unit 1	10														
		Question 2 - Unit 2	10														
		Journal/Portfolio/Report/Viva-Voce	10														
		Total Marks for Semester End Examination	30														
14	Format of Question Paper: for the final examination																
THEORY EXAMINATION																	
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