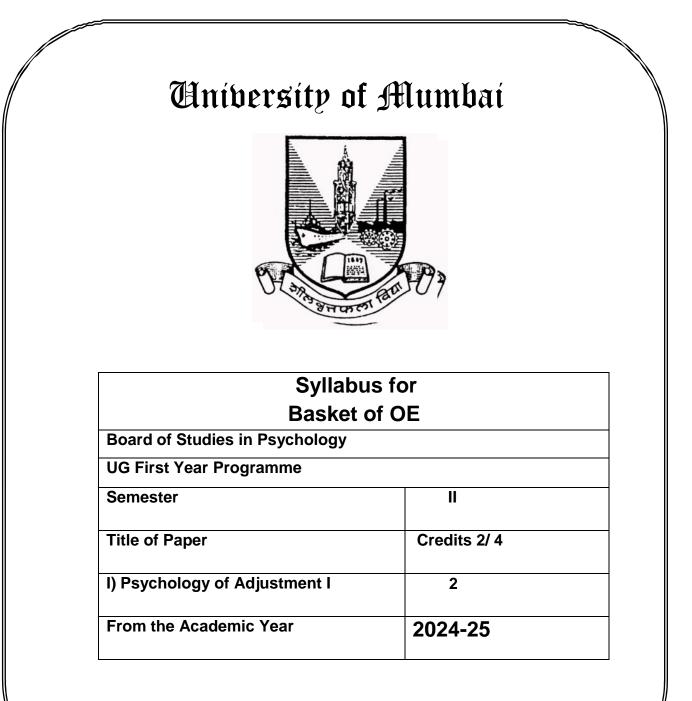
As Per NEP 2020

AC -20.04.2024 Item No. -5.4 (N) Sem II (7a)



OE3: Psychology of Adjustment I

Sr.	Heading	Particula
No.		rs
1	Description the course:	This course introduces a learner to Psychology of adjustment. It explains how adjustment is playing an
	Including but Not limited to:	important role in human life. It also introduces to how to use psychology for better life, and deal with issues like body-image, mental-health, and promote wellness. It introduces to aspects of making decisions and how emotions and motivation is in influence our decision- making process. In the last two units, the course explains some common mental health problems and counselling and psychotherapy techniques to deal with those problems. All in all, the course provides an introductory but sound understanding of how to use human emotion, motivation and adjustment to live a better life even for someone who is not having psychology background.
2	Vertical:	Major/Minor/ Open Elective / Skill Enhancement / Ability Enhancement/Indian Knowledge System
3	Туре:	Theory
4	Credit:	2 credits (1 credit = 15 Hours for Theory or 30
		Hours of Practical work in a semester)
5	Hours Allotted:	30 Hours
6	Marks Allotted:	50 Marks
7	 Course Objectives: 1. To introduce psychology of adjustment as a field of study to students. 2. To make students aware of health and coping with illness, understanding and managing motives and emotions. 	

8	Course Outcomes:				
	After completing this course, students will able to				
	1. Demonstrate a comprehensive understanding of the psychology of adjustment as a				
	distinct field of study				
	2. Acquire knowledge about various aspects of health, illness, and c	oping mechanisms.			
	3. Demonstrate an understanding of human motives and emotions, including how they				
	influence behaviour and decision-making.				
9	Modules				
	Module 1: Towards Better Health (15 Hours)				
	1. Health and the mind-body relationship				
	2. Body image				
	3. Coping with illness				
	4. Promoting wellness				
	Module 2: Taking Charge and Managing Motives and Emotions (15 Hours)				
	1. Personal control, decision making				
	2. Decisions and personal growth				
	3. Understanding human motivation				
	4. Understanding human emotions				
10	Text Books:				
	1. Kirsh, S. J.; Duffy, K. G. & Atwater, E. (2014). Psychology for Living: Adjustment, Growth				
	and Behaviour Today. 11th Edition. New Jersey: Pearson.				
	Reference Books:				
11	1. Abascal, J.R., Brucato, L., & Chauhan, D. (2001). Stress Mastery: The Art ofCoping				
	Gracefully. Indian subcontinent adaptation 2012, New Delhi:	DorlingKindersley India			
	pvt ltd.				
	2. Bam, B.P. (2008). Winning Habits: Techniques for Excellence i	n Sports. NewDelhi:			
	Pearson Power, Dorling Kindersley India pvt ltd.				
12	Internal Continuous Assessment: 40%	External, Semester			
		End Examination			
	20 marks	60%			
		Individual Passing in			
		Internal and External			
		Examination :			
		30 marks			

13	Continuous	s Evaluation through: (20 marks)
	1. Fill in the compulsory)	Paper Pattern for Class Test Examination (10 Marks) Blanks/ match pairs/ MCQ/True False (All are : 5 Marks es (Any Three out of Five) 5 Marks
	Classroom Submission	on of following activities as a part of CIE (10 Marks) Presentations/ Assignments /Movie Review / Essay / Book review/ Field Visit Report / Educational Activity esentation / Role play/ creative writing assignment:
14	-	emester End Examination Marks: 30 Time: 1 Hours on is for 15 marks. Two out of Three questions to be attempted. Fill in the blanks (Based on all units). Marks 15 Essay Type Questions (Attempt Any One out of two Based on Unit I). Marks 15 Essay Type Questions (Attempt Any Three out of five Based on Unit II). Marks 15

Sign of the BOS Chairman Name of the Chairman Name of the BOS Sign of the Offg. Associate Dean Name of the Associate Dean Name of the Faculty Sign of the Offg. Dean Name of the Offg. Dean Name of the Faculty