

SEMESTER III

Paper: GE (PSYCHOLOGY AT WORK)

Credit hours: 06 (5+1+0)

Unit1: Introduction to Industrial Psychology

- Meaning, definition, nature and scope of Industrial Psychology
- Brief history of Industrial Psychology
- Contributing disciplines of I/O Psychology
- Contemporary trends and challenges
- Industrial Psychology in India

Unit 2: Motivation

- Motivation at workplace; Definition
- Extrinsic and intrinsic motivation and theories.

Unit 3: Communications in Organization

- Communication: Meaning, definition, purposes of communication in organization
- Barriers to effective communication
- Improvement of communication in organization

Unit 4: Leadership

- Meaning, definition, types of leadership
- Qualities of a good leader
- Role and responsibilities of a leader in organization
- Traditional and Contemporary Theories

Reading list:

Adler, N.J. (1997). Global leaders: A dialogue with future history. Journal of International Management.

Greenberg, J. & Baron, R.A. (2007). Behaviour in organizations, 9th edition. Dorling Kindersley

Giffin, R.W. & Moorhead (2007) Organizational behaviour

Robbins, S.P. & Moorhead (2009). Organizational behaviour

SEMESTER IV

Paper: GE (PSYCHOLOGY FOR HEALTH AND WELLBEING)

Credit hours: 06 (5+1+0)

Unit 1: Illness, Health and Wellbeing

- Meaning, definition, and concept of health, mind-body relationship
- Models of Health & Illness: Medical, Bio-psychosocial, holistic health
- Theories of health behaviour (Protective motivation theory, theory of reasoned action, Transtheoretical model).
- Meaning, definition and concept of wellbeing
- Factors of physical and psychological wellbeing
- Health and Well-being: Positive emotions, happiness, Subjective well-being; Resilience (definition, sources in childhood and youth).

Unit 2: Stress and Coping

- Meaning, definition, types of stress
- Causes and effects of stress on physical and mental health
- Coping and stress management

Unit 3: Health Management

- Health enhancing behaviours: Nutrition, Exercise, Yoga and Meditation, Sleep. Pain (meaning, measurement and management).
- Health compromising behaviours
- Health protective behaviours
- Illness Management

Unit 4: Human strengths and life enhancement

- Classification of Human Strengths and Virtues
- Inner strengths: Meaning, types and inculcation of inner strength

- Cultivating Inner Strength: Hope and optimism
- Gainful Employment and ME/WE Balance

Reading list:

Carr, A. (2004). Positive Psychology: The science of happiness and human

Hick, J. W. (2005). Fifty signs of Mental Health. A guide to understanding mental health.

Yale University Press

Snyder, C.R. & Lopez, S.J. (2007). Positive Psychology: the scientific and practical exploration of human strengths.

Taylor, S.E. (2006). Health psychology, 6th edition. New Delhi: Tata Mc Graw Hill

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