

BA III Year		BPY-G501		Semester-V	
GE-PSY		PSYCHOLOGY FOR LIVING			
Total Lectures + Tutorial	Time Allotted for End Semester Examination	Marks Allotted for Internal Assessment	Marks Allotted for End Semester Examination (ESE)	Maximum Marks (MM)	Total Credits
90	3 Hrs.	30	70	100	6

**NOTE:** The question paper shall consist of three sections (Sec.-A, Sec.-B and Sec.-C). Sec.-A shall contain 10 objective type questions of one mark each and student shall be required to attempt all questions. Sec.-B shall contain 10 short answer type questions of four marks each and student shall be required to attempt any five questions. Sec.-C shall contain 8 descriptive type questions of ten marks each and student shall be required to attempt any four questions. Questions shall be uniformly distributed from the entire syllabus. The previous year paper/model paper can be used as a guideline and the following syllabus should be strictly followed while setting the question paper.

**Unit 1: Introduction:** What is psychology, relevance of psychology, mind-body relationship, psychological factors and physical illness, body image, lifestyle interventions.

**Unit 2: Self and relationships:** Importance of family and peer groups in one's life, importance of emotional intelligence, role of culture.

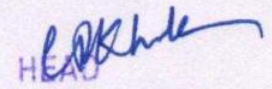
**Unit 3: Self in disintegrative experiences:** anxiety, stress, depression, coping

**Unit 4: Growth and actualizing self:** self-direction, subjective well-being, hope, optimism, resilience.

**Readings:**

**Atwater, E. & Grover, D. & Karen (1999).** Psychology for living: Adjustment, growth and behavior today. Prentice Hall.

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

  
 HEAD  
 Department of Psychology  
 Gurukul Kangri Vishwavidyalaya  
 Haridwar (U.K.)