

| BA III Year               |  | BPY-G601                               |   | Semester-VI        |               |
|---------------------------|--|--|---|--------------------|---------------|
| GE-PSY                    |  | SELF AND PERSONAL GROWTH               |   |                    |               |
| 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:** Notion of Personality, perspectives, Self as an object and as a process. Bases of Self knowledge.

**Unit 2: Self from a Developmental Perspective:** Ideas of William James, M. Lewis, Mead, Cooley, Robert Kegan; Carl Rogers.

**Unit 3: Self in the Indian Thought:** contributions of Indian thought to the understanding of self.

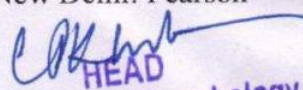
**Unit 4: Personal Growth:** Self and Personal growth; Developing character strengths and virtues.

**Readings:**

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

**Chadha, N.K. & Seth, S. (2014).** The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

**Ciccarelli, S. K., & Meyer, G. E. (2010).** Psychology: South Asian Edition. New Delhi: Pearson Education.

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