

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.

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