

Sri Sathya Sai College for Women, Bhopal

(An Autonomous College Affiliated to Barkatullah University Bhopal)

Department of Higher Education, Govt. of M.P.

Under Graduate Syllabus (Annual Pattern)

As recommended by Central Board of Studies and approved by the Governor of M. P.

wef 2023-2024

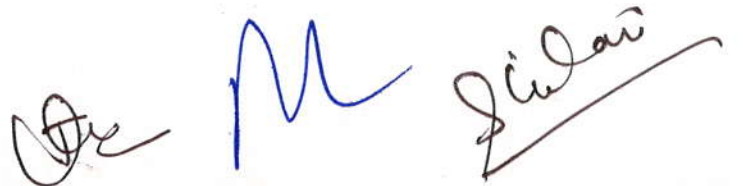
(Session 2023-24)

(NEP-2020)

Class / कक्षा	:	B.A. III Year
Subject / विषय	:	Psychology (Theory)
Title of Paper/ प्रश्नपत्र का शीर्षक	:	Health Psychology/ स्वास्थ्य मनोविज्ञान
Course Type/कोर्स टाइप	:	Minor/Elective
Paper/प्रश्नपत्र	:	I
Max Marks:अधिकतम अंक	:	30+70 Regular Student
Min. Marks : न्यूनतम अंक	:	35
Credit Value	:	04
Course Learning outcomes		<ol style="list-style-type: none">1. Students will gain knowledge about the relationship between health and psychology2. Students will get the orientation of indigenous perspective of health psychology.3. Students will learn the effect of psychological aspects on the development of medical illnesses4. Students will acquire the knowledge of effect of stress on health5. Students will master the skill of health enhancing practices.

Particular / विवरण

Unit-I	Health Psychology: Nature, Concept and Scope, Component of health – Social emotional, cognitive and physical, Relation between health and psychology, Indigenous perspective of health
इकाई एक	स्वास्थ्य मनोविज्ञान स्वरूप, प्रत्येक एवं क्षेत्र, स्वास्थ्य के घटक: सामाजिक, सांवेगिक, संज्ञानात्मक एवं शारीरिक। स्वास्थ्य एवं मनोविज्ञान में संबंध, स्वास्थ्य का देशज (भारतीय) संदर्भ
Unit-II	Model of Health Biological, Psychological, Social and cultural Health Belief Model
इकाई दो	स्वास्थ्य के प्रतिरूप (मॉडल) जैविक, मनोवेज्ञानिक, सामाजिक एवं सांस्कृतिक, स्वास्थ्य – विश्वास प्रतिरूप
Unit-III	Psychological Aspects of Medical Illness; Cardiovascular disease, Diabetic and gastrointestinal Cancer, Polycystic Ovary Syndrome Pandemic (COVID-19)
इकाई तीन	चिकित्सकीय रोग के मनोवैज्ञानिक पक्ष हृदय रोग, मधुमेह एवं जठरांत्र कैंसर, पोलिस्टिक ओवरी लक्षण, महामारी (कोविड –19)
Unit-IV	Stress and Health Nature and types of stress, Causes and consequences of stress, Coping skills and social support
इकाई चार	प्रतिबल एवं स्वास्थ्य प्रतिबल की प्रकृति एवं प्रकार, प्रतिबल के कारण एवं परिणाम, समायोजी कौशल एवं सामाजिक सहयोग
Unit-V	Health Enhancing Practice Physical – Exercise and Yoga, Safety measures and Nutrition, Psychological Resilience, Hope and Optimism, Positive self and Meditation
इकाई पांच	स्वास्थ्य संवर्धक अभ्यास शारीरिक व्याम एवं योग, सुरक्षा उपाय एवं पोषण, मनोवेज्ञानिक लचीलापन, आशा एवं आशावाद, धनात्मक आत्म एवं मनन



Keywords/Tags: Indigenous perspective, Models of health, Pandemic, Coping skills, Positive self.

सारबिन्दु – देशज परिप्रेक्ष्य, स्वास्थ्य के प्रतिरूप, महामारी, समायोजी कौशल, धनात्मक आत्म

Suggested Readings:

1. Carr. A. (2004). Positive Psychology The science of happiness and human strength, U.K. Routledge
2. DiMatteo, M.R., Martin L.R. (2002), Health Psychology, New Delhi: Pearson
3. Mishra G. (1999). Stress and Health, (New edition), New Delhi Pearson
4. Regan, A.R. Gurung. (2018) Health Psychology (4th Edition), Sage Publication
5. Sarafino, A. (2002). Health Psychology, Bio psychosocial Interactions (4th Edition) NY; Wiley
6. Snyder, C.R. & Lopez, S.J. (2007), Positive Psychology; The scientific and practical exploration of human strength, Sage Publications
7. Taylor, S.E. (2006). Health Psychology (6th Edition), NY; Tata McGraw Hill

Suggested digital platforms web links:

<https://www.studocu.com/en-us/document/ohio-state-university/health-psychology/lecture-notes-course-notes-introduction-health-psychology/163322>

Scheme of marks

Suggested Continuous Evaluation Methods:

Maximum Marks: 100		
Continuous Comprehensive Evaluation 30 marks (CCE): Term End Exam Theory 70 marks		
Internal Assessment : Continuous Comprehensive Evaluation (CCE): 30 Marks	There shall be 4 class tests of 10 marks each, out of which the 3 best scores are to be taken into account.	10+10+10= 30
External Assessment: Term End Exam (Theory) 70 Time : 03:00 Hrs.	Section (A) 10 Marks (a) Objective questions – 5 (b) Very Short Answer type question – 5 (word limit 50 words) Section (B) 24 Marks: Short Answers Type Questions 1 question from each unit (word limit – 250 words) 4 to be attempted out of 7 given questions Section (C) 36 Marks: Long answer type questions (word limit 500 words) 4 to be attempted out of 7 given questions	10 question 01 marks each - 10 4 question 06 marks each - 24 4 questions 09 marks each - 36
		Total 70

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Class / कक्षा	:	B.A. III Year
Subject / विषय	:	Psychology (Practical)
Title of Paper/ प्रश्नपत्र का शीर्षक	:	Health Psychology Practical / स्वास्थ्य मनोविज्ञान प्रायोगिक
Course Type/कोर्स टाइप	:	Minor/Elective
Paper/प्रश्नपत्र	:	I
Max Marks: अधिकतम अंक	:	30+70 Regular Student
Min. Marks : न्यूनतम अंक	:	35
Credit Value	:	02
Course Learning outcomes		<ol style="list-style-type: none">1. Student will learn to measure mental health of individuals2. Students will learn to handle different attitude scales3. Students will develop insight about stress management techniques4. Students will gain insight about Yoga, meditation & Nutrition and their role for Physical and mental health.

Particular / विवरण

Part A (Any four)	<ol style="list-style-type: none">1. Positive Mental Health Inventory2. Optimum Health Scale3. Yoga Attitude Scale4. Optimistic Pessimistic Attitude Scale5. Social Support Scale6. Stress Management Inventory
भाग अ (कोई भी चार)	<ol style="list-style-type: none">1. धनात्मक मानसिक स्वास्थ्य मापनी2. अनुकूलतम (सर्वोत्तम) स्वास्थ्य मापनी3. योग अभिवृत्ति मापनी4. आशावादी-निराशावादी अभिवृत्ति मापनी5. सामाजिक सहयोग मापनी6. प्रतिबल प्रबंधन मापनी
Part B (Any two)	<ol style="list-style-type: none">1. Effect of Yoga or Meditation on Health2. Safety measures during pandemic (CORONA)3. Nutrition and mental health4. Case study on hope and optimism of Covid Warriors
भाग ब (कोई भी दो)	<ol style="list-style-type: none">1. स्वास्थ्य पर योग अथवा मनन का प्रभाव2. महामारी (कोरोना) की अवधि में सुरक्षात्मक उपाय3. पोषण एवं मानसिक स्वास्थ्य4. कोविड योद्धाओं की आशा एवं आशावाद पर व्यक्ति अध्ययन
	Keywords/Tags: Social support, Pandemic, Optimistic Pessimistic, Hope, Optimum Health सारबिन्दु – सामाजिक सहयोग, महामारी, आशावादी-निराशावादी, आशा (उम्मीद), अनुकूलतम स्वास्थ्य

Suggested Readings:

1. Carr. A. (2004). Positive Psychology The science of happiness and human strength, U.K. Routledge
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Scheme of Marks:

Suggested Continuous Evaluation Methods: it is compulsory to get minimum passing marks in Internal and External Assessment separately			
Continuous Comprehensive Evaluation 30 marks (CCE): Term End Exam Theory 70 marks			
Internal Assessment :	Marks	External Assessment	Marks
Class Interaction/Quiz		Viva-voce on Practical	
Attendance		Practical Record File	
Assignment/Charts/ Models Seminar/Rural Service/Technology Dissemination/Report of Excursion/Lab Visits /Survey/ Industrial visit)		Table work/Experiments	
Total		30	