

ELECTIVES UNDER CBCS OFFERED BY DEPARTMENT OF EDUCATION AND TRAINING

Name of the Department/Centre:	Department of Education and Training
Course Code:	PGED201GET
Course Name	Teaching and Learning
Semester in which offered:	2 nd Semester
Nature of the Course	Generic Elective
Credits	Four
Level at which offered	PG

Course objectives/Expected Learning Outcomes (In brief):

After completion of the course the students will be able to:

- Understand teaching and learning.
- Distinguish between teaching and learning.
- Appreciate the intricacies of teaching as a profession.
- Understand the methods and approaches to learning.

Pre-requisite (s), if Any:

- Any graduate is eligible.

Name of the Course Advisor: Dr. Ashwini

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Contact No (optional):

Contact for Registration
Department of Education and Training

Signature of the Head of the Department with Stamp

ELECTIVES UNDER CBCS OFFERED BY DEPARTMENT OF EDUCATION AND TRAINING

Name of the Department/Centre:	Department of Education and Training
Course Code:	PGED301GET
Course Name	Self Development
Semester in which offered:	3 rd Semester
Nature of the Course	Generic Elective
Credits	Four
Level at which offered	PG

Course objectives/Expected Learning Outcomes (In brief):

The course will enable the students to:

- Understand and analyze self, increase self concept and self esteem.
- Develop critical understanding about core life skills for personal and professional development.
- Develop the capacity to facilitate personal growth and social skills.
- Create awareness towards physical, mental emotional, social and spiritual health.

Pre-requisite (s), if Any:

- A student is required to have Graduation in any discipline.

Name of the Course Advisor: Dr. Sameena Basu

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Department of Education and Training

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ELECTIVES UNDER CBCS OFFERED BY DEPARTMENT OF EDUCATION AND TRAINING

Name of the Department/Centre:	Department of Education and Training
Course Code:	PGED401GET
Name of the Course	Health Psychology
Semester in which offered:	4 th Semester
Nature of the Course	Generic Elective
Credits	Four
Level at which offered	PG

Course objectives/Expected Learning Outcomes (In brief):

- To understand the Principles and Role and functions of Health Psychology
- To protect human health by focus on Health enhancing strategies
- To practiced coping with stress in day to day use

Pre-requisite (s), if Any:

- Students with any graduation con apply for the course

Name of the Course Advisor: Dr. Najma Begum

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Teaching and Learning
Course Code: PGED201GET
(CBCS Type: Generic Elective)
Credits: 4
Contact Hours-64

Course Objectives:

After Completion of the course the students will be able to:

- understand teaching and learning.
- distinguish between teaching and learning.
- appreciate the intricacies of teaching as a profession.
- understand the methods and approaches to learning.
- appreciate the role of ICT Integration in teaching and learning
- develop positive attitude towards teaching and learning.

Teaching and Learning

Unit 1: Introduction to Teaching

- 1.1 Concept of Teaching
- 1.2 Principles, Maxims, Phases and Levels of teaching
- 1.3 Aims and Objectives of teaching
- 1.4 Instructional Objectives (Cognitive, Psychomotor and Affective domains)
- 1.5 Teaching Skills and Teaching Styles

Unit 2: Introduction to Learning

- 2.1 Meaning, Nature and Concept of Learning
- 2.2 Understanding the Characteristics and Needs of the learner
- 2.3 Process of learning and Learning curve
- 2.4 Factors affecting learning: Learner, Learning Environment, and Learning material
- 2.5 Learning Styles

Unit 3: Teaching- Learning Process

- 3.1 Approaches to teaching at tertiary level -
 - a) Behaviorist, Cognitivist, Constructivist, and Connectionist
 - b) Participatory, Cooperative, Personalised and Holistic
- 3.2 Methods of Teaching at tertiary level -
 - i) Lecture ii) Demonstration iii) Discussion iv) Collaboration
 - v) Problem Solving vi) Project and Activity based
- 3.3 Innovative techniques of teaching at tertiary level -
 - i) Brainstorming ii) Team Teaching ii) Mind mapping and iv) Concept mapping

Unit 4: ICT in Teaching and Learning

- 4.1 Concept, Need and Importance of ICT in teaching and learning
- 4.2 Impact of ICT on teaching and Learning (Content, Role of Teacher, Methods of Teaching, Classroom Environment and Evaluation)
- 4.3 e - learning

- 4.4 Web based Learning
- 4.5 MOOC's

Unit 5: Teaching as a Profession

- 5.1 Concept of teaching as a Profession
- 5.2 Roles, Functions and Status of teachers at tertiary level
- 5.3 Approaches to Professional Development of teachers-
i) Self Directed ii) Cooperative and iii) Collaborated
- 5.4 Teacher and Classroom management
- 5.5 Professional Ethics for teachers

Practicum

1. A report on the various roles played by an ideal teacher in the Classroom/ institution and community.
2. List and the values which make an individual and ideal teacher.
3. Prepare a collage on success stories of teachers and learners.
4. Prepare mind maps/ concept maps an two any of the following.
5. objectives of teaching.
6. methods of teaching.
7. roles of teachers.
8. professional ethics.
9. Evaluation of any e-learning module.

Suggested Readings:

1. Aggarwal J.C. (1995). *Essential Educational Technology Learning Innovations*, New Delhi: Vikas Publications.
2. Aggarwal, J.C. (1995). *Essential Psychology*. New Delhi: Vikas Publishing House Pvt. Ltd.
3. Carl Simmons, Hawking Claire (2009). *Teaching ICT*, Sage Publications India Pvt. Ltd.
4. Dandapani, (2002), *Advanced Educational Psychology*, Second Edition. New Delhi: Anmol Publication Pvt. Ltd.
5. Dececco, J.P. (1977). *The Psychology of Learning and Instruction*, New Delhi: Prentice Hall of India Pvt. Ltd.
6. Hilgard, E.R. and Bower, G.H. *Theories of Learning*, New Delhi: Prentice Hall of India.
7. Mangal, S.K, (2002). *Advanced Educational Psychology*, New Delhi: Prentice Hall of India Pvt. Ltd.
8. Roblyer, M.D. (2006). *Integrating Educational Technology into Teaching*, New Jersey: Pearson Prentice Hall Inc.
9. Santoshi Vallikkad (2009). *Information and communication technology for Teacher Education*, New Delhi: Kanishka Publications.
10. Skinner, E. C. (1984). *Educational Psychology – 4th Edition*, New Delhi: Prentice Hall of India Pvt. Ltd.
11. Vanaja M., Rajashekhar S., Arulswamy S., (2013). *Information and Communication Technology (ICT) in Education*, Hyderabad: Neelkamal Publication.
12. Mangla, S. (2002). *Teacher Education- Trends and Strategies*. New Delhi: Sage Publishers.

13. *National Curriculum Framework for Teacher Education: towards Professional and Human Teachers*, (2009) National Council for Teacher Education (NCTE), New Delhi.
14. Panigrahi, S.C, and Biswal, A. (2012). *Teacher Education*. New Delhi: APA Publishing Corporation.
15. Sharma, S.P. (2003). *Teacher Education*. New Delhi: Kanishka Publishers.
16. Singh L.C. (ed1990), *Teacher Education in India*. New Delhi: NCERT.
17. Smith, E.R. (1962). *Teacher Education. A Re-appraisal*. New York: Harper Row Publishers.

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Self Development

Course Code: PGED301GET

(CBCS Type: Generic

Elective) Credits: 4

Contact

Hours-64

Objectives

The course will enable the students to:

- Understand and analyze self, increase self concept and self esteem.
- Discover and develop open-mindedness, the attitude of a self motivated learner, having self-knowledge and self-restraint.
- create awareness about the core life skills.
- Develop critical understanding about core life skills for personal and professional development.
- Develop the capacity for sensitivity, sound communication skills and ways to establish peace and harmony.
- Develop the capacity to facilitate personal growth and social skills in their own students
- Create awareness towards physical, mental, emotional, social and spiritual health.

Unit 1: Concept of Self

- 1.1** Meaning and Importance of Self
- 1.2** Components of Self
- 1.3** Factors influencing Self
- 1.4** Formation of Self
- 1.5** Characteristics of Well Integrated Self

Unit 2: Self Development

- 2.1** Self Development- Meaning
- 2.2** Need and Importance of Self Development
- 2.3** Process of Self Development - Planning • Monitoring and Support • Reviewing
- 2.4** Analyzing the Self
- 2.5** SWOT Analysis (Strengths, Weaknesses, Opportunities and Threats)

Unit 3: Self-Esteem

- 3.1** Meaning and Concept of Self-Esteem
- 3.2** Importance of Self-Esteem
- 3.3** Types of Self-Esteem
- 3.4** Factors influencing Self-Esteem
- 3.5** Strategies for developing Self-Esteem

Unit : Life Skills Development

- 4.1** Life Skill - Concept
- 4.2** Types of Life Skills
 - 4.2.1** Decision Making
 - 4.2.2** Problem Solving

- 4.2.3 Creative and Critical thinking
- 4.2.4 Effective Communication
- 4.2.5 Self Confidence
- 4.2.6 Time Management

- 4.2.7 Stress Management
- 4.2.8 Developing Leadership

Unit 5: Health Management and Self Development

- 5.1 Physical Health: Diet, Nutrition and Exercises
- 5.2 Mental Health: Developing Positive Attitude
- 5.3 Emotional Health: EQ, Coping with Emotions
- 5.4 Social Health: Developing and Maintaining Relationships
- 5.5 Spiritual Health: Value Development

Practicum

- a. Doing a SWOT analysis of one's self and write a report.
- b. Maintaining a time log and analyzing it.
- c. Analyzing their own Physical and mental health.
- d. Making a self development plan.
- e. Report writing on self development.
- f. Calculating ones IQ, EQ and BMI.
- g. Decision mapping and problem tree

References

1. Adair, J. (2013). *Decision Making and Problem Solving*. UK: Kogan Page Publishers.
2. Adair, J. & Allen, M. (1999). *Time Management and Personal Development*. London: Hawksmere.
3. Blonna, Richard & Watter, Dan. (2005) *Health Counseling: A Microskills Approach*. Sudbury, MA: Jones & Bartlett Learning.
4. Bob, Aubrey (2010). *Managing Your Aspirations: Developing Personal Enterprise in the Global Workplace*. McGraw-Hill.
5. Boyd, B. L., Herring, D. R., & Briers, G. E. (1992). Developing Life Skills in Youth. *Journal of Extension* 30(4) [On-line], <http://www.joe.org/joe/1992winter/a4.html>.
6. Edlin, G.; Golanty, E. & Brown, K. M. (2000). 2nd Edition. *Essentials for Health and Wellness*. UK: Jones & Bartlett Publishers International.
7. Greenberg, J. S.; Dintiman, G. B. & Oakes, B. M. (2004). 3rd Edition. *Physical Fitness and Wellness: Changing the Way You Look, Feel and Perform*. US: Human Kinetics.
8. Harper, Nancy (2011). *Life Skills: Essential for Personal Growth on the Ever Changing Road of Life*. Bloomington, IN: Author House.
9. Hattie, John (2014). *Self-Concept*. New York: Psychology Press.
10. Hendricks, P. (1998). *Targeting Life Skills Model*. Available at: <http://www.extension.iastate.edu/4H/lifeskills/homepage.html>.
11. Hermans, H. J. M. & Kempen, H. J. G. (1993). *The Dialogical Self: Meaning as Movement*. San Diego: Academic Press Inc.
12. Hjelm, J. R. (2010). *The Dimensions of Health: Conceptual Models*. Sudbury, MA: Jones & Bartlett Publishers.

13. Kallet, Michael (2014). *Think Smarter: Critical Thinking to Improve Problem-Solving and Decision Making Skills*. New Jersey: John Wiley & Sons.
14. Kapena, Sumbye (2006). *Basic Life Skills for Success*. Kenya: Paulines Publications Africa.
15. Krishnamurti, J. (2000). *Life Ahead, To Parents, Teachers and Students*, Ojai, California, USA: Krishnamurti Foundation Trust.
16. Manoharan, P.K. (2008). *Education and Personality Development*. New Delhi: APH Publishing Corporation.
17. McClement, Mike (2015). *Increase Your Self Confidence*. UK: Pearson Education Limited.
18. McKay, M. & Fanning, P. (2005). *Self-Esteem*. Oakland, CA: New Harbinger Publications.
19. Megginson, D. & Whitaker, V. (1997). *Cultivating Self-Development*. India: Universities Press.
20. Miller, D. & Moran, T (2012). *Self-Esteem: A Guide for Teachers*. New Delhi: SAGE Publications India Pvt Ltd.
21. Nielsen, John (2008). *Effective Communication Skills: The Foundations for Change*. US: Xlibris Corporation.
22. Olpin, M. & Hesson, M. (2015). *Stress Management for Life: A Research-Based Experiential Approach*. Massachusetts: Cengage Learning.
23. Prevatt, C. & Prevatt-H, D. (2012). *Life Skills Training – A Critical Reflective Approach*. US: Xlibris Corporation.
24. Rohrer, J. (2002). *ABC of Awareness: Personal Development as the Meaning of Life*. Book Series: Time for Change. Oberurnen: UTD Media.
25. Simanowitz, V. and Pearce, P. (2003). *Personality Development*. Berkshire: Open University Press.
26. Wylie, R. C. (1989). *Measures of Self-Concept*. USA: University of Nebraska Press.

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Add-on Generic course

Health Psychology syllabus (PGED401GET)

Total number of Credits -4

Theory- three credits

Practicum-one credit

Synopsis:-

Health Psychology course provides an insight into a spectrum of physiological and psychological preview of Health related issues, mental health and human well being and outstanding healthy approach towards day today living .The psychological phenomenon reflects upon biological and sociological perspectives as well. It focuses on indigenous psychology with the cohesion of modern views of psychology, to meet the demand of the utmost manipulative skills to solve problems and to formulate successful representation.

This course –content of Health psychology caters to the needs of the students of various courses to equip themselves with healthy living habits by developing awareness among students and develop preparedness to face health issues and challenges of life.

Objectives

- To understand the Principles, Role and the functions of Health Psychology
- To develop an Insight into the interdisciplinary approach of Biological, Psychological & Sociological perspectives of Human Development.
- To study the Importance of Mental Health in Human life
- To protect Human Health by focus on Health-enhancing Strategies
- To practice coping with Stress in day to day life

Content

Unit I -Health Psychology

- 1.1. Meaning & Definition of Health Psychology
- 1.2. Factors affecting Health Psychology
 - a) Behavioral Factors
 - b) Psychological Factors
 - c) Social and Cultural Factors
- 1.3. Bio-Psycho Sociological Approach

Unit II Physical Health

- 2.1 Meaning and Definition of Physical Health
- 2.2 Stages of Human Development
- 2.3 Factors affecting Stages of Human Development
 - a) Biological Factors and Genetic Factors
 - b) Environmental Factors
- 2.4 Brief study of Physical- illness caused by Bacterial, Viral, and Fungal & Parasitic Diseases

Unit III Mental Health

- 3.1 Importance of Mental Health
- 3.2 Factors affecting Mental Health
- 3.3 Mental Disorders – Neurosis, Psychosis, Anxiety, Grief, Mood-swings, Depression

- 3.4 Harnessing the Mental Health through Creativity, Spirituality Construct and Transformative Coping
- 3.5 Building a Model of Healthy Leadership

Unit IV Preventive Measures

- 4.1 Preventive Measures – Prevention of Physical Illness through
 - a) Proper Life-style
 - b) Nutrition
- 4.2 Coping strategies for prevention of a) Obesity b) Chronic illness and related Diseases
- 4.3 Awareness of Diseases of the 21st Century
- 4.4 Focus on Enhancing Psychological-Health and Well-being

Unit V Coping with Stress

- 5.1 Nature & Concept of Coping with Stress
- 5.2 Strategies of Coping with Stress a) Biological b) Psychological c) Sociological
- 5.3 Role of Yoga & Meditation for Physical & Psychological Wellbeing
- 5.4 Role of Sports and Physical Exercise in Enhancing Healthy Life-style
- 5.5 Role of Entertainment in Coping with stress through Cultural and Literary Activities.

Practicum

1. Prepare a chart identifying causes of your physical ill health analyze and find out remedial measures for it. and submit the report
2. Consult a general physician and find out the common diseases of local people which he cures along with the causes, and submit the report.
3. Conduct a survey of 10 families and find out the causes of their physical ill health and submit the report
4. When do you feel miserable? List out the events. And find out the methods through which you come out of those situations. And submit the report
5. What are the various causes of mental illness in youth /teen age girls and boys? How can they be treated? Suggest some measures?
6. What do you do in daily life to keep your self mentally and physically fit?
7. What are the bad life styles disorders you have noted in your daily life how should we correct it? Suggest remedies?
8. visit a near by hospital and find out various problems of the patients prepare a report and submit with proof
9. Visit a mental asylum and report your experiences?
10. Talk to a counselor and find out the cases he attends to?
11. Take interview of a psychiatrist and find out the practical causes of mental illness in the public?
12. Field Trip - A Visit to a Health Center on a working day and prepare a record of the Observation.
13. One day Workshop on Health Care & Physical Health (Exercise & Yoga).
14. A Visit to a School & Study the different Activities and Programs held during the academic year regarding children' health check-up.
15. A Visit to an Old age Home and prepare a Record of the study done.
16. A Visit to a Rehabilitation Center and prepare a Record on the study.

References:

1. Physical health Wikipedia
2. Mental health Wikipedia
3. Abnormal psychology Robert C.Carson,James N Butcher Susan Mineka Jill M.Hooley
4. Johnston, M. (1994). Current trends in Health Psychology.
5. Taylor, S.E. (1990). Health psychology.
6. Rogers, R. W. (1983). Preventive health psychology: An interface of social and clinical psychology
7. Belar, C. D., Mendonca McIntyre, T. & Matarazzo, J. D. (2003). Health psychology
8. Cohen, L.M.; McChargue, D.E.; & Collins, Jr. F.L. (Eds.). (2003).

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