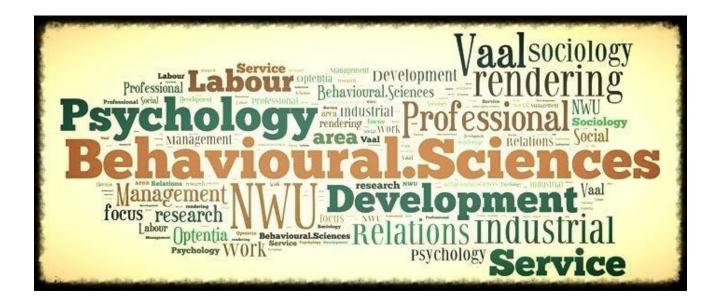# AMITY INSTITUTE OF BEHAVIOURAL &ALLIED SCIENCES

Behavioural Science Course

(UG Programme)

"The best Contribution one can make to humanity is to improve oneself".

Objective: To inculcate Behavioural Skills for Personal & Professional growth in Amity studentsof higher education

Special Feature:

- ❖ **Activities:**

  - ➢ Games
  - ➢ Exercise
  - ➢ Group Discussion
  - ➢ Role Plays
  - ➢ Situation Analysis
  - ➢ Movie Analysis
  - ➢ Quiz
  - ➢ Story telling
  - ➢ Case Studies
  - ➢ Presentation
  - ➢ Behavioural Observation Etc.

- ❖ **Psychometric Testing** will be used for self assessment of the students which would give them an insight for required improvements and changes in their behavior and personality.

- ❖ Journal for Success would be maintained every semester, where the learning from various activities would be compiled for Self analysis and assessment by the students to decide their own action plan for self improvement with the help of a mentor.

- ❖ Project on Scripture and Current issues would be made to imbibe tolerance and universal human values to become effective as an individual and a team player.

BEHAVIOURAL SCIENCE COURSE

THREE, & FOUR YEAR UNDER-GRADUATE PROGRAMME

2019 – 2024

AMITY UNIVERSITY MADHYA PRADESH

THREE, FOUR & FIVE YEARS UNDER-GRADUATE PROGRAMME

PROGRAMME STRUCTURE AND CURRICULUM

FIRST SEMESTER
UNDERSTANDING SELF FOR EFFECTIVENESS
(Total Credits: 1)
Course Code:
BSU-143

WORKSHOP NO.	COURSE	DURATION (IN HOURS)
1	Self: Core Competency	3
2	Techniques of Self Awareness	3
3	Self Esteem & Effectiveness	3
4	Building Positive Attitude	3
5	Building Emotional Competence	3
TOTAL HOURS		**15**

SECOND SEMESTER INDIVIDUAL, SOCIETY AND NATION
(Total Credits: 1)
Course Code: BSU-243

WORKSHOP NO.	COURSE	DURATION (IN HOURS)
1	Individual Differences and Personality	3
2	Managing Diversity	3
3	Socialization	3
4	Patriotism and National Pride	3
5	Human Rights, Values and Ethics	3
TOTAL HOURS		**15**

THIRD SEMESTER

PROBLEM SOLVING & CREATIVE THINKING

(Total Credits: 1)
Course Code: BSU-343

WORKSHOP NO.	COURSE	DURATION (IN HOURS)
1	Thinking as a tool of Problem Solving	3
2	Hindrances to Problem Solving process	3
3	Problem Solving	3
4	Plan of Action	3
5	Creative Thinking	3
TOTAL HOURS		**15**

FOURTH SEMESTER

VALUES & ETHICS FOR PERSONAL & PROFESSIONAL DEVELOPMENT

(Total Credits: 1)
Course Code: BSU-443

WORKSHOP NO.	COURSE	DURATION (IN HOURS)
1	Introduction to Values & Ethics	3
2	Values Clarification & Acceptance	3
3	Morality	3
4	Ethical Practice	3
5	Personal & Professional Values	3
TOTAL HOURS		**15**

FIFTH SEMESTER

GROUP DYNAMICS AND TEAM BUILDING

(Total Credits: 1)
Course Code: BSU-543

WORKSHOP NO.	COURSE	DURATION (IN HOURS)
1	Groups Formation	3
2	Group Functions	3
3	Teams	3
4	Leadership	3
5	Power to Empower	3
TOTAL HOURS		**15**

SIXTH SEMESTER

STRESS AND COPING STRATEGIES

(Total Credits: 1)
Course Code: BSU-643

WORKSHOP NO.	COURSE	DURATION (IN HOURS)
1	Stress	3
2	Stages and Models of Stress	3
3	Causes and Symptoms of Stress	3
4	Consequences of Stress	3
5	Strategies for Stress management	3
TOTAL HOURS		**15**

Course structure: Understanding Self for Effectiveness - Course Code: BSU-143

Course Title: Understanding Self for Effectiveness   **Credit Units: 1**

Course Level: UG Level   **Course Code: BSU-143**

Course Objectives:

This course aims at imparting an understanding of:

- Understanding self & process of self-exploration
- Learning strategies for development of a healthy self esteem
- Importance of attitudes and its effective on personality
- Building Emotional Competency

Course Contents:

Module I: Self: Core Competency   **(2 Hours)**
- Understanding of Self
- Components of Self – Self identity
- Self-concept
- Self confidence
- Self-image

Module II: Techniques of Self Awareness   **(2 Hours)**
- Exploration through Johari Window
- Mapping the key characteristics of self
- Framing a charter for self
- Stages – self-awareness, self-acceptance and self-realization

Module III: Self Esteem & Effectiveness   **(2 Hours)**
- Meaning
- Importance
- Components of self esteem
- High and low self esteem
- Measuring your self esteem

Module IV: Building Positive Attitude   **(2 Hours)**
- Meaning and nature of attitude
- Components and Types of attitude
- Importance and relevance of attitude

Module V: Building Emotional Competence   **(2 Hours)**
- Emotional Intelligence – Meaning, components, Importance and Relevance
- Positive and negative emotions
- Healthy and Unhealthy expression of emotions

Course outcomes ;

- Student will Develop accurate sense of self
- Student will nurture a deep understanding of personal motivation
- Student will develop thorough understanding of personal and professional responsibility
- Student will able to analyse the emotions of others for better adjustment.

Examination Scheme:

Evaluation Components	Attendance	Journal of Success (JOS)	Social Awareness Program (SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	15	20	60	100

Suggested Readings:

- Organizational Behaviour, Davis, K.
- Hoover, Judhith D. Effective Small Group and Team Communication, 2002,Harcourt College Publishers
- Dick, Mc Cann & Margerison, Charles: Team Management, 1992 Edition, viva books
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressler, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Rose, G.: Oxford Textbook of Public Health, Vol.4, 1985.
- LaFasto and Larson: When Teams Work Best, 2001, Response Books (Sage), New Delhi
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 2, Group (1996); Pfeiffer & Company
- Smither Robert D.; The Psychology of Work and Human Performance, 1994, Harper Collins College Publishers

Course structure: Individual, Society and Nation - Course Code: BSU-243

Course Title: Individual, Society and Nation   **Credit Units: 1**

Course Level: UG Level   **Course Code: BSU-243**

Course Objectives:

This course aims at enabling students towards:

- Understand the importance of individual differences
- Better understanding of self in relation to society and nation
- Facilitation for a meaningful existence and adjustment in society
- Inculcating patriotism and national pride

Course Contents:

Module I: Individual differences & Personality   **(3 Hours)**
- Personality: Definition& Relevance
- Importance of nature & nurture in Personality Development
- Importance and Recognition of Individual differences in Personality
- Accepting and Managing Individual differences
- Intuition, Judgment, Perception & Sensation (MBTI)
- BIG5 Factors

Module II: Managing Diversity   **(3 Hours)**
- Defining Diversity
- Affirmation Action and Managing Diversity
- Increasing Diversity in Work Force
- Barriers and Challenges in Managing Diversity

Module III: Socialization   **(3 Hours)**

- Nature of Socialization
- Social Interaction
- Interaction of Socialization Process
- Contributions to Society and Nation

Module IV: Patriotism and National Pride   **(3 Hours)**
- Sense of pride and patriotism
- Importance of discipline and hard work
- Integrity and accountability

Module V: Human Rights, Values and Ethics   **(3 Hours)**
- Meaning and Importance of human rights
- Human rights awareness
- Values and Ethics- Learning based on project work on Scriptures like- Ramayana, Mahabharata, Gita etc.

Course outcomes ;

- Student will be able to identify, understand, and apply contemporary theories of leadership to a wide range of situations andinteractions
- Student will be able to understand and respect individual difference, so to enhance the relationship
- Learn social responsibility and develop a sense of citizenship
- Student will be able to identify and understand the impact of culture on one's leadership style

Examination Scheme:

Evaluation Components	Attendance	Journal of Success (JOS)	Social Awareness Program (SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	15	20	60	100

Suggested Readings:

- Davis, K. Organizational Behaviour,
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressler, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Rose, G.: Oxford Textbook of Public Health,
Vol.4, 1985.Robbins O.B.Stephen;. Organizational
Behaviour

Course structure: Problem Solving and Creative Thinking- Course Code: BSU-343

Course Title: Problem Solving and Creative Thinking   **Credit Units: 1**

Course Level: UG Level   **Course Code: BSU-343**

Course Objectives:

To enable the students:
- Understand the process of problem solving and creative thinking.
- Facilitation and enhancement of skills required for decision-making.

Course Contents:

Module I: Thinking as a tool for Problem Solving   **(3 Hours)**

- What is thinking: The Mind/Brain/Behavior
- Critical Thinking and Learning:
    - Making Predictions and Reasoning
    - Memory and Critical Thinking
    - Emotions and Critical Thinking
- Thinking skills

Module II: Hindrances to Problem Solving Process   **(3 Hours)**

- Perception
- Expression
- Emotion
- Intellect
- Work environment

Module III: Problem Solving   **(3 Hours)**

- Recognizing and Defining a problem
- Analyzing the problem (potential causes)
- Developing possible alternatives
- Evaluating Solutions
- Resolution of problem
- Implementation
- Barriers to problem solving:
    - Perception
    - Expression
    - Emotion
    - Intellect
    - Work environment

Module IV: Plan of Action   **(3 Hour)**
- Construction of POA
- Monitoring
- Reviewing and analyzing the outcome

Module V: Creative Thinking   **(3 Hours)**

- Definition and meaning of creativity
- The nature of creative thinking
    - Convergent and Divergent thinking
    - Idea generation and evaluation (Brain Storming)
    - Image generation and evaluation
    - Debating
- The six-phase model of Creative Thinking: ICEDIP model

Course outcomes ;
- Student will be able to understand and solve the problems effectively in their personal and professional life.
- Students will outline multiple divergent solutions to a problem,
- Student will able to create and explore risky or controversial ideas, and synthesize ideas/expertise to generate innovations.

Examination Scheme:

Evaluation Components	Attendance	Journal of Success (JOS)	Social Awareness Program (SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	15	20	60	100

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Suggested Readings:
- Michael Steven: How to be a better problem solver, Kogan Page, New Delhi, 1999
- Geoff Petty: How to be better at creativity; Kogan Page, New Delhi, 1999
- Richard Y. Chang and P. Keith, Kelly: Wheeler Publishing, New Delhi, 1998.
- Phil Lowe Koge Page: Creativity and Problem Solving, New Delhi, 1996
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 3, Management (1996); Pfeiffer & Company
- Bensley, Alan D.: Critical Thinking in Psychology – A Unified Skills Approach, (1998), Brooks/Cole Publishing Company.

Course structure: Value & Ethics for Personal & Professional Development - Course Code: BSU-443

Course Title: Value & Ethics For Personal & Professional Development   **Credit Units: 1**

Course Level: UG Level   **Course Code: BSU-443**

Course Objectives:

This course aims at imparting an understanding of Values, Ethics & Morality among students for making a balanced choice between personal & professional development.

Course Contents:

Module I: Introduction to Values & Ethics   **(3 Hours)**

Meaning & its type
Relationship between Values and
EthicsIts implication in one's life

Module II: Values Clarification & Acceptance   **(3 Hours)**
Core Values-Respect, Responsibility, Integrity, Resilience, Care, &
HarmonyIts process-Self Exploration
Nurturing Good values

Module III: Morality   **(3 Hours)**

Difference between morality, ethics
&valuesSignificance of moral values

Module IV: Ethical Practice   **(3 Hours)**

Ethical Decision making
Challenges in its
implementation Prevention
of Corruption &Crime

Module V: Personal & Professional Values   **(3 Hours)**

Personal values-Empathy, honesty, courage,
commitmentProfessional Values-Work ethics,
respect for others
Its role in personality development
Character building-"New Self
awareness"

Course Outcomes:

- Able to answer the question: What do I stand for?
- Ability to apply a coherent set of moral principles within professional and specialized contexts
- Willing to make unpopular but right decision
- Committed to working for justice and peace locally and globally

Examination Scheme:

Evaluation Components	Attendancee	Journal of Success (JOS)	Social Awareness Program (SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	15	20	60	100

Text & References:

Cassuto Rothman, J. (1998). From the Front Lines, Student Cases in Social Work Ethics. Needham Heights, MA: Allyn and Bacon.

Gambrill, E. & Pruger, R. (Eds). (1996). Controversial Issues in Social Work Ethics, Values, & Obligations. Needham Heights, MA: Allyn and Bacon, Inc.

Course structure: Group Dynamics and Team Building - Course Code: BSU-543

Course Title: Group Dynamics and Team Building   **Credit Units: 1**

Course Level: UG Level   **Course Code: BSU-543**

Course Objectives:

- To inculcate in the students an elementary level of understanding of group/team functions
- To develop team spirit and to know the importance of working in teams

Course Contents:

Module I: Group formation   **(3 Hours)**

- Definition and Characteristics
- Importance of groups
- Classification of groups
- Stages of group formation
- Benefits of group formation

Module II: Group Functions   **(3 Hours)**

- External Conditions affecting group functioning: Authority, Structure, Org. Resources, Organizational policies etc.
- Internal conditions affecting group functioning: Roles, Norms, Conformity, Status, Cohesiveness, Size, Inter group conflict.
- Group Cohesiveness and Group Conflict
- Adjustment in Groups

Module III: Teams   **(3 Hours)**

- Meaning and nature of teams
- External and internal factors effecting team
- Building Effective Teams
- Consensus Building
- Collaboration

Module IV: Leadership   **(3 Hours)**

- Meaning, Nature and Functions
- Self leadership.
- Leadership styles in organization
- Leadership in Teams

Module V: Power to empower: Individual and Teams   **(3 Hours)**

- Meaning and Nature
- Types of power
- Relevance in organization and Society

Course Outcomes:

- Students will Develop critical and reflective thinking abilities.
- Students will Demonstrate an understanding of group dynamics and effective teamwork.
- Students will develop a range of leadership skills and abilities such as effectively leading change, resolving conflict, andmotivating others.
- Student will Gain knowledge and understanding of organization resources, policies, and involvement opportunities.
- Student will Develop strategies to recruit, retain, and continually motivate contributing members to the organization.

Examination Scheme:

Evaluation Components	Attendance	Journal of Success (JOS)	Social Awareness Program(SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	15	20	60	100

Suggested Readings:

- Organizational Behaviour, Davis, K.
- Hoover, Judhith D. Effective Small Group and Team Communication, 2002,Harcourt College Publishers
- Dick, Mc Cann & Margerison, Charles: Team Management, 1992 Edition, viva books
- Bates, A. P. and Julian, J.: Sociology - Understanding Social Behaviour
- Dressers, David and Cans, Donald: The Study of Human Interaction
- Lapiere, Richard. T – Social Change
- Lindzey, G. and Borgatta, E: Sociometric Measurement in the Handbook of Social Psychology, Addison – Welsley, US.
- Rose, G.: Oxford Textbook of Public Health, Vol.4, 1985.
- LaFasto and Larson: When Teams Work Best, 2001, Response Books (Sage), New Delhi
- J William Pfeiffer (ed.) Theories and Models in Applied Behavioural Science, Vol 2, Group (1996); Pfeiffer & Company
- Smither Robert D.; The Psychology of Work and Human Performance, 1994, Harper Collins College Publishers

Course structure: Stress & Coping Strategies - Course Code: BSU-643

Course Title: Stress & Coping Strategies   **Credit Units: 1**

Course Level: UG Level   **Course Code: BSU-643**

Course Objectives:

- To develop an understanding the concept of stress its causes, symptoms and consequences.
- To develop an understanding the consequences of the stress on one's wellness, health, and work performance.

Course Contents:

Module I: Stress   **(3 Hours)**
- Meaning & Nature
- Characteristics
- Types of stress

Module II: Stages and Models of Stress   **(3 Hours)**

- Stages of stress
- The physiology of stress
- Stimulus-oriented approach.
- Response-oriented approach.
- The transactional and interact ional model.
- Pressure – environment fit model of stress.

Module III: Causes and symptoms of stress   **(3Hours)**
- Personal
- Organizational
- Environmental

Module IV: Consequences of stress   **(3 Hours)**
- Effect on behavior and personality
- Effect of stress on performance
- Individual and Organizational consequences with special focus on health

Module V: Strategies for stress management   **(3 Hours)**
- Importance of stress management
- Healthy and Unhealthy strategies
- Peer group and social support
- Happiness and well-being

Course Outcomes:

- Student will able demonstrate thorough understanding of stress and its effects
- Student will able to learn various coping strategies to deal stress effectively so to overcome the consequences andimpact of stress on their health and wellbeing, ultimately it will enhance their performance.

Examination Scheme:

Evaluation Components	Attendance	Journal of Success (JOS)	Social Awareness Program (SAP) SAP Report/SAP Presentation	End Semester Exam	Total
Weightage (%)	5	15	20	60	100

Suggested Readings:

- Blonna, Richard; Coping with Stress in a Changing World: Second edition
- Pestonjee, D.M, Pareek, Udai, Agarwal Rita; Studies in Stress And its Management
- Pestonjee, D.M.; Stress and Coping: The Indian Experience