

**ANSAR WOMEN'S COLLEGE, PERUMPILAVU**

**PG DEPARTMENT OF PSYCHOLOGY**

**CERTIFICATE COURSE**

**PSYCHOLOGY AND PERSONAL GROWTH**

**SYLLABUS**

**MODULE 1(PSYCHOLOGY AND IT'S APPLICATIONS)**

Introduction; branches of Psychology, scope; applications in personal and social life.

**MODULE 2(CONCEPT OF HAPPINESS,HOPE, OPTIMISIM)**

Basic nature of emotional development, hope, positive and negative emotional state.

Happiness- causes and effects of happiness- application in day to day life, hope and optimism concepts.

**MODULE 3(POSITIVE SELF,POSITIVE SOCIAL RELATIONS AND PERSONAL GROWTH)**

Positive self esteem; determinants-self efficacy-- development of social and personal self-barriers in self development. Conflict and frustration management; coping process.

Positive social relations-- personal and social attitudes, family and relationships, role of emotional intelligence in social life. Social wellbeing.

Personal growth: Meditation, yoga techniques for enhancing personal effectiveness and positive emotional and social life.

