यशवंतराव चव्हाण
महाराष्ट्र मुक्त विद्यापीठ
(नॅक मानांकित 'अ' श्रेणी)
'ज्ञानगंगोत्री', गंगापूर धरणाजवळ, गोवर्धन, नाशिक- ४२२२२२
दूरध्वनी : कार्यालय (०२५३) २२३१७१४/१५, २२३०२२७, २२३०४५९
२२३००२४/२५/२७/२८

ज्ञानगंगा घरोघरी

Yashwantrao Chavan
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Ref. No. : YCMOU/Planning/2024/

Date: 16.07.2024

To
The Joint Secretary
University Grants Commission
Distance Education Bureau
35, Feroz Shah Road,
New Delhi- 11001

Sub. : Clarification about SLM Content pages indicating name of Brahma Kumari, Rajasthan

Dear Sir/madam,

With subject to above, we would like to furnish our clarification/Justification about SLM Content pages indicating name of Brahma Kumari, Rajasthan as follows.

The university has deleloped 100% self-learningmaterial (SLM) in house for the programs B.Sc(Counseling& mental health), M.A (Positive psychology &well-being) and M.Sc(Counseling& mental health). The writers from Brahma Kumari, Education wing, Mount Abu, Rajasthan were invited knowing the reputation and expertise of Brahma Kumari, Rajasthan in spirituality and mental health.

The task of preparation of SLM was coordinated by permanent professor and director of the school of health science of the university. Unknowingly, it is mentioned collaboration with Brahma Kumari, Education wing, Mount Abu, Rajasthan on the content pages uploaded on UGC-Portal, as writers were belonging to Brahma Kumari, Education wing, Mount Abu, Rajasthan .We thank you for bringing this into our notice and we have taken action on it by removing the content pages indicating collaboration with Brahmakumari. We assure you that the SLM is 100% developed in house for which writers were invited from BrhmaKumari on royalty basis as per the university norms and no material is outsourced from Brahma Kumari or any other organization.

We kindly request to consider this clarification and consider the programmes for recognition under open and distance learning mode.

Thanking you,

Yours sincerely,

YASHWANTRAO CHAVAN MAHARASHTRA OPEN UNIVERSITY ★ NASHIK-422 222 ★ ज्ञानगंगा घरोघरी

(Dilip Bharad)
Registrar

Yashwantrao Chavan Maharashtra Open University

CMH 101 BASICS OF COUNSELING

Unit 1		**INTRODUCTION TO COUNSELING**	
		Definition of Counseling	
		Historical Overview	
		Importance of Counseling	
		Professional boundaries	
Unit 2		**THEORETICAL APPROACHES IN COUNSELING**	
		Psychodynamic Approach	
		Humanistic Approach	
		Cognitive-Behavioral Approaches	
		Eclectic Approach	
Unit 3		**KEY SKILLS FOR COUNSELORS**	
		Active Listening	
		Empathy and Understanding	
		Questioning and Probing	
		Non-verbal Communication	
Unit 4		**COUNSELING PROCESS AND TECHNIQUES**	
		Assessment and Diagnosis	
		Goal Setting	
		Intervention Techniques	
		Termination and Follow-up	
Unit 5		SPECIALIZED COUNSELING AREAS	
		Addiction Counseling	
		Trauma Counseling	
		Couples and Family Counseling	
		Career Counseling	

Yashwantrao Chavan Maharashtra Open University			
CMH102 METHODS OF MEDITATION AND RAJYOGA			
Unit 1		**Process and purpose of meditation**	
	1.1	Meditation practice	
	1.2	Self-empowerment technique	
	1.3	Thinking process	
	1.3	Meditation concept	
	1.4	Mental peace	
	1.5	Character development	
	1.6	Health benefits	
	1.7	Spiritual purpose	
Unit 2		**Jnana yoga & bhakti yoga**	
	2.1	Viveka	
	2.2	Vairagya	
	2.3	Shat-Sampat (six virtues)	
	2.4	Mumukshutva	
	2.5	Nature of real love	
	2.6	Modes of devotion	
	2.7	Benefits of Bhakti yoga	
	2.8	Hatha yoga	
Unit 3		**Ashtanga yoga**	
	3.1	Yama	
	3.2	Niyama	
	3.3	Asana	
	3.4	Pranayama	
	3.5	Pratyahara	
	3.6	Dharana	
	3.7	Dhyana	
	3.8	Samadhi	
Unit 4		**Different schools of Meditation**	
	4.1	Dynamic meditation	
	4.2	Transcendental meditation	
	4.3	Self- Inspiration meditation	
	4.4	Osho meditation	
	4.5	Environment	
	4.6	Preparations	
	4.7	Rajyoga meditation	
	4.8	Stages of Rajyoga meditation	
Unit 5		**Benefits of rajyoga meditation**	
	5.1	Physical benefits	
	5.2	Physiological benefits	
	5.3	Mental benefits	

Yashwantrao Chavan Maharashtra Open University			
CMH 103 EMPOWERMENT THROUGHSPIRITUAL LIFESTYLE			
Unit 1		**Unit 1: Satvic Diet:**	
	1.1	Vegetarian Diet	
	1.2	Three Aspects of Offering	
	1.3	Foods to Eat & Not to Eat	
		Free from Addictions	
Unit 2		**CELIBACY**	
	2.1	Self-Respect, the Foundation	
	2.2	Purity in Thoughts/Words/Deeds	
	2.3	Purity in Relationships	
	2.4	Ladder to Purity in Relationships	
Unit 3		**EARLY MORNING MEDITATION**	
	3.1	Heart to heart conversation	
	3.2	Image of Inculcation & Experience	
	3.3	Principles for body and the soul	
	3.4	Attainments	
Unit 4		**DAILY SPIRITUAL STUDY**	
	4.1	Regularity & Punctuality	
	4.2	Revision during day time	
	4.2	Sharing with others	
	4.3	Becoming the embodiment	
Unit 5		**SELFLESS SERVICES**	
	5.1	Different form Service	
	5.2	Values of selfless Service	
	5.3	Balance of Independence & Co-operation	
	5.4	Effect for victory	

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CMH 104 CLINICAL ASSESSMENT			
Unit 1		Pre -induction	
	1.1	Pre -induction Case Study:-1-2-3-4-5	
Unit 2		Mental status examination	
	2.1	Mental status examination Case Study 1-2-3-4-5	
Unit 3		A Case Of	
	3.1	Case study 1-2-3-4-5	
Unit 4		Experiencing “the powerOf silence”	
	4.1	Experiencing enhanced spiritual andPhysical energy	
	4.2	Experiencing economized and Being Essence	
	4.3	Enables forgetting the past and enjoying the present	
	4.4	Experiencing the healing power	
	4.5	Experiencing the “angelic stage”	
Unit 5		Self-hypnosis – guided visual imagery– Self practice.	
	5.1	Self Hypnosis – Steps	
	5.2	Guided Visual imagery	

Yashwantrao Chavan Maharashtra Open University			
CMH 105 Counselling and Mental Health			
unit 1		**PRE-INDUCTION**	
	1.1	client.s life-history in pre-induction (cognitive session) interview	
	1.2	Strengths	
	1.3	Weakness	
	1.4	Self-love	
Unit 2		**INDUCTION**	
	3.1	Overcoming resistance of mind	
	3.2	Progressive relaxation	
	3.3	Deepening	
	3.4	Healing space	
Unit 3		**MENTAL STATUS EXAMINATION**	
	2.1	Past history	
	2.2	Personal appearance	
	2.3	Methods – actions	
	2.4	Other observations	
Unit 4		**EMOTIONAL HEALING**	
	4.1	Known person . Relatives and friends	
	4.2	Unknown individual	
	4.3	Scenes	
	4.4	Situations	
Unit 5		**VISUALIZATION**	
	5.1	Past incidences	
	5.2	Inner child	
	5.3	Future plans	
	5.4	Transformation	

Yashwantrao Chavan Maharashtra Open University			
CMH 106 VALUES FOR MEANINGFUL LIVING			
Unit 1		**INTROSPECTION**	
	1.1	Definition and quotable quotes of Introspection	
	1.2	Implementation of Introspection	
	1.3	Reflection points on Introspection	
	1.4	Guided commentary of Introspection	
Unit 2		**ACCEPTANCE**	
	2.1	Definition and quotable quotes of Acceptance	
	2.2	Implementation of Acceptance	
	2.3	Reflection points on Acceptance	
	2.4	Guided commentary of Acceptance	
Unit 3		**PATIENCE**	
	3.1	Definition and quotable quotes of Patience	
	3.2	Implementation of Patience	
	3.3	Reflection points on Patience	
	3.4	Guided commentary of Patience	
Unit 4		**RESPONSIBILITY**	
	4.1	Definition and quotable quotes of Responsibility	
	4.2	Implementation of Responsibility	
	4.3	Reflection points on Responsibility	
	4.4	Guided commentary of Responsibility	
Unit 5		**DISCIPLINE**	
	5.1	Definition and quotable quotes of Discipline	
	5.2	Implementation of Discipline	
	5.3	Reflection points on Discipline	
	5.4	Guided commentary of Discipline	

Yashwantrao Chavan Maharashtra Open University			
CMH107 EXPLORING SPIRITUALITY FOR MENTAL HEALTH			
Unit 1		**SANSKAR RE-MODELLING**	
	1.1	Theory of Self-Transformation	
	1.2	Methods for sanskar Re-modeling	
	1.3	Suggestions for Re-modeling of sanskars	
	1.4	Following a training program	
Unit 2		**SPIRITUALITY IN ACTION**	
	2.1	Reality/Consciousness	
	2.2	Inner well being	
	2.3	Personal effectiveness	
	2.4	Leadership potential & Professional Development	
Unit 3		**RESTORING AND HEALINGRELATIONSHIPS**	
	3.1	All relations with ONE	
	3.2	Tools and techniques	
	3.3	Self knowledge, Detached involvement	
	3.4	Most common ‘Relational errors’	
Unit 4		**RAJYOGA - A HEALTHY VALUE–BASEDLIFESTYLE**	
	4.1	Rajyoga meditation	
	4.2	Holistic health	
	4.3	Rajyoga — a healthy value -based lifestyle	
	4.4	Laws of Life	
Unit 5		**PRINCIPLES FOR ASPIRITUAL LIFE STYLE**	
	5.1	Life style modification	
	5.2	Regular spiritual study and meditation practice	
	5.3	Selfless service	

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CMH108 EXPLORING VALUES			
Unit 1		**NEED OF THE VALUEES AND TYPES OF VALUES**	
	1.1	Definition of Values	
	1.2	Intrinsic and Extrinsic Values	
	1.3	Classification of Values:	
	1.4	Types of Values	
Unit 2		**VALUES EXPLORATIONS - I**	
	2.1	Personal Values	
	2.2	Family Values	
	2.3	Professional Values	
Unit 3		**VALUES EXPLORATIONS - II**	
	3.1	Social Values	
	3.2	Spiritual Values	
Unit 4		**CHALLENGES IN VALUE ADOPTION AND DEVELOPING VALUES**	
	4.1	Types of Challenges	
	4.2	Reflection and Self-Awareness	
	4.3	Education and Lifelong Learning	
	4.4	Community and Social Engagement	
Unit 5		**ETHICAL DILEMMAS IN VALUE ADOPTION**	
	5.1	Personal Gain vs. Altruism	
	5.2	Legal vs. Ethical Considerations	
	5.3	Social and Cultural Influences	
	5.4	Complex Decision-Making	

Yashwantrao Chavan Maharashtra Open University			
CMH109 CASE STUDY			
Unit 1		**Addiction**	
Unit 2		Depressions	
Unit 3		Phobia	
Unit 4		**Anger**	
Unit 5		Anxiety	
Unit 6		Type A Personality	
Unit 7		Coronary Artery Disease	
Unit 8		Diabetes	
Unit 9		Hypertension	
Unit 10		Cancer	

Yashwantrao Chavan Maharashtra Open University			
HSC631 Basic of Counselling			
UNIT - 1		**DEFINITIONS**	
	1.1	STORIES OF COUNSELLING	
	1.2	DEFINING COUNSELLING	
	1.3	THE RELATIONSHIP BETWEEN COUNSELLING AND PSYCHOTHERAPY	
	1.4	THE AIMS OF COUNSELLING	
UNIT - 2		**PROCESS OF COUNSELING**	
	2.1	THE COUNSELING PROCESS	
	2.2	PHASES OF COUNSELLING PROCESS	
	2.3	COUNSELING INTERVIEW	
	2.4	FACTORS AFFECTING THE COUNSELLING PROCESS	
UNIT - 3		**COUNSELING SKILLS**	
	3.1	CONFRONTING AND ELABORATION	
	3.2	EMPATHY AND IMMEDIACY	
	3.3	NON-VERBAL ENCOURAGEMENT AND OPEN QUESTIONING	
	3.4	PARAPHRASING, PROBLEM-SOLVING AND REFLECTING	
UNIT - 4		**EFFECTIVE COUNSELOR**	
	4.1	THE ELEMENTS OF EFFECTIVE COUNSELLING	
	4.2	CRITICAL COMPONENTS FOR BECOMING EFFECTIVE	
	4.3	CHARACTERISTICS OF EFFECTIVE COUNSELOR	
	4.4	ISSUES FACED BY BEGINNING COUNSELORS	
UNIT – 5		**SETTINGS FOR COUNSELING**	
	5.1	WHAT COUNSELLORS HAVE IN COMMON	
	5.2	DEVELOPMENTAL AND REMEDIAL ORIENTATION	
	5.3	INSIGHT-ORIENTED APPROACHES	
	5.4	INSIGHT-ORIENTED APPROACHES	
	5.5	BEHAVIOURAL COUNSELLING	

Yashwantrao Chavan Maharashtra Open University			
CMH 502 EMPOWERMENT THROUGH SPIRITUAL LIFESTYLE			
Unit 1		**Unit 1: Satvic Diet:**	
	1.1	Vegetarian Diet	
	1.2	Three Aspects of Offering	
	1.3	Foods to Eat & Not to Eat	
	1.4	Free from Addictions	
Unit 2		**CELIBACY**	
	2.1	Self-Respect, the Foundation	
	2.2	Purity in Thoughts/Words/Deeds	
	2.3	Purity in Relationships	
	2.4	Ladder to Purity in Relationships	
Unit 3		**EARLY MORNING MEDITATION**	
	3.1	Heart to heart conversation	
	3.2	Image of Inculcation & Experience	
	3.3	Principles for body and the soul	
	3.4	Attainments	
Unit 4		**DAILY SPIRITUAL STUDY**	
	4.1	Regularity & Punctuality	
	4.2	Revision during day time	
	4.3	Sharing with others	
	4.4	Becoming the embodiment	
Unit 5		**SELFLESS SERVICES**	
	5.1	Different form Service	
	5.2	Values of selfless Service	
	5.3	Balance of Independence & Co-operation	
	5.4	Effect for victory	

Yashwantrao Chavan Maharashtra Open University			
CMH504 Positive Psychology			
Unit 1		**Positive psychology: An introduction**	
	1.1	The role of positive emotions in Positive psychology	
	1.2	The Broaden and build theory of positive emotions	
	1.3	Western and Eastern views on Positive psychology	
	1.4	Yoga as Positive Psychology	
Unit 2:		**Happiness and well-being**	
	2.1	Determinants of Happiness	
	2.2	Antecedents and consequences of happiness	
	2.3	Measuring happiness	
	2.4	Happiness and well-being in Indian culture	
Unit 3:		**Positive relationships and well-being**	
	3.1	Meaningful and Purposeful relationship	
	3.2	love and belongingness	
	3.3	Acceptance and Gratitude	
	3.4	Forgiveness and Altruism	
Unit 4:		**Therapeutic Interventions**	
	4.1	Western Perspective	
	4.2	Eastern Perspective	
	4.3	Integration with Traditional Wisdom -Cultural Adaptation	
Unit 5:		**Resilience and Subjective well-being**	
	5.1	Resiliency applications	
	5.2	Resiliency skills	
	5.3	Positive parenting and Resiliency factors	
	5.4	Resilience in Indian culture	

Yashwantrao Chavan Maharashtra Open University			
PPW 505: QUANTITATIVE RESEARCH METHODS AND PSYCHOMETRY			
Unit 1		**INTRODUCTION TO RESEARCHMETHODOLOGY**	
	1.1	Meaning and objectives of Research	
	1.2	Social science research	
	1.3	Types and approaches of research	
Unit 2		**CHARACTERISTICS OF SOCIAL RESEARCH**	
	2.1	Validity and Reliability and ethical issues	
	2.2	Stages of research process	
	2.3	Selection and research problem	
	2.4	Techniques of defining research problem.	
Unit 3		**PROBABILITY, VARIABLES ANDHYPOTHESIS**	
	3.1	Probability	
	3.2	Normal distribution	
	3.3	Research hypothesis	
Unit 4		**RESEARCH DESIGNS**	
	4.1	Meaning and purpose of research Design	
	4.2	Principles and features of Research design	
	4.3	Experimental designs	
	4.4	Between group designs	
Unit 5		**OTHER DESIGNS**	
	5.1	Exploratory designs	
	5.2	descriptive designs	
	5.3	Evaluation designs and Action research.	

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CMH506 Exploring the Self

UNIT 1		**Personal Exercise Manual**	
	1.1	Purpose of this exercise Manual"	
	1.2	Do your Best	
	1.3	Realizations and wisdom gained from your participation in this course	
	1.4	Exploring "the Self"	
	1.5	Exploring "Spirituality	
UNIT 2		**Experiencing "the Power of Silence"**	
	2.1	Experiencing enhanced spiritual and physical energy	
	2.2	Experiencing economized and being essence	
	2.3	Enables forgetting the past and enjoy the present	
	2.4	Experiencing the healing power	
UNIT 3		**Exploring "Values"**	
	3.1	Clarifying Your Personal Qualities/Values (What you feel is important)	
	3.2	Creating A Specialty statement	
	3.3	Exploring personal qualities of our Spiritual Examples	
	3.4	Exploring your specialties by sorting out	
UNIT 4		**Experiencing all relations with"ONE"-Part I**	
	4.1	God My Father	
	4.2	God My Teacher	
	4.3	God My Preceptor	
Unit 5		**Experiencing all relations with"ONE"-Part II**	
	5.1	God My Friend	
	5.2	God My Beloved	
	5.3	God My Mother	
	5.4	God My Child	

Yashwantrao Chavan Maharashtra Open University			
CMH507 Counselling Therapies			
Unit 1		**Cognitive Counselling**	
	1.2	Cognitive model	
	1.3	Types	
	1.4	Application	
	1.5	Criticism	
Unit 2		**Humanistic - Existential Counselling:**	
	2.1	Quest for Meaning	
	2.2	Client Centred approach	
	2.3	Therapeutic Goals	
Unit 3		**Gestalt Counselling**	
	3.1	View of Human nature	
	3.2	Function and Role of the Therapist	
	3.3	Techniques and Application	
Unit 4		**Positive Psychology**	
	4.1	Personality	
	4.2	Different approaches	
	4.3	Application	
	4.4	Spirituality and Positive Psychology	
Unit 5		**Therapies of Psychology**	
	5.1	Psycho Therapy	
	5.2	Interpersonal Therapy	
	5.3	Family Therapy	
	5.4	Group Therapy	
	5.5	Mindfulness based therapy	

Yashwantrao Chavan Maharashtra Open University			
CMH508 ENVIRONMENTALAWARENESS AND QUALITY LIVING			
Unit 1		**ENVIRONMENTAL DEGRADATION - ROLE OF UNO**	
		Land, Air and Water	
		Deforestation	
		Noise pollution	
		Global Warming	
		Consumption of energy	
		Industrial Exploitation	
		Sustainable development	
		Summits and reports	
Unit 2		**LAND POLLUTION AND REMEDIAL ACTIONS**	
		Causes of land pollution	
		Increased waste disposal	
		Health effects	
		Remedial actions	
		Causes of water pollution	
		Categories of water pollutants	
		Health effects	
		Remedial actions	
Unit 3		**AIR POLLUTION AND REMEDIAL ACTIONS**	
		Causes of air pollution	
		Sources of emission factors	
		Health effects	
		Remedial actions	
		Causes of noise pollution	
		Environmental noise	
		Health effectsans Remedial actions	
Unit 4		**GLOBAL WARMING AND ITS EFFECTS**	
		Greenhouse gases	
		Ozone depletion	
		Ecological damage and climate disturbance	
		Quality life	
		Consciousness and environment	
		Cultural awareness	
		The hundredth monkey	
		Think globally and act locally	
Unit 5		**REMEDIAL ACTIONS**	
		Tree planting	
		Alternative technologies	
		Solar energy	
		Personal responsibility	

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CMH 509 APPROCHES OF COUNSELLING			
unit 1		**COGNITIVE COUNSELLING**	
	1.1	The history of cognitive behavioural Therapy	
	1.2	The generic cognitive model (gcm)	
	1.3	Types of cognitive behaviour Therapies	
	1.4	Application of cbt	
	1.5	Criticism	
Unit 2		**HUMANISTIC - EXISTENTIAL COUNSELLING**	
	2.1	Types of humanistic approaches	
	2.2	Quest for meaning and key concepts	
	2.3	Client or person centred approach	
	2.4	Therapeutic goals	
Unit 3		**GESTALT COUNSELING**	
	3.1	Stress and psychotherapies	
	3.2	Stress management	
	3.3	Spiritual counseling and therapy	
	3.4	Addictions	
Unit 4		**POSITIVEPSYCHOLOGY**	
	4.1	Healthy individual and prevention Strategies	
	4.2	Nutrition and immunization	
	4.3	Children and school behaviour - Healthcare	
	4.4	Assertiveness and balanced life	
	4.5	Spirituality and positive Psychology	
Unit 5		**THERAPIES OFPSYCHOLOGY**	
	5.1	Health hazards	
	5.2	Infectious diseases	
	5.3	Psychological needs	
	5.4	Healthy habits	
	5.5	Mindfulness based therapy	

Yashwantrao chavanmaharashtra open university			
CMH 510 : HEALTHCARE, DIET AND PREVENTION METHODS			
Unit 1		**Hygiene and health**	
	1.1	Concepts of mental and physical hygiene	
	1.2	Characteristics of healthy person	
	1.3	homeostasis	
	1.4	Promoting and preventive physical and Mental health strategies	
Unit 2		**Healthy diet**	
	2.1	Dietary habits	
	2.2	Nutritional needs for maintaining health	
	2.3	Immunization	
	2.4	Types of diet	
Unit 3		**Life style modification**	
	3.1	Physical activity and exercise in health And sickness	
	3.2	Factors affecting quality of life	
	3.3	Coping with disabilities and disorders	
	3.4	Aging individual	
Unit 4		**Family and social health**	
	4.1	School health	
	4.2	Health records	
	4.3	Empowering children.s belief system	
	4.4	Mental health care for pregnant mothers	
Unit 5		Life skills	
	5.1	Effective habit formation	
	5.2	Well balanced life	
	5.3	Assertive behaviour	
	5.4	Critical thinking	

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CMH 511 Counselling and Mental Health			
unit 1		**PRE-INDUCTION**	
	1.1	client.s life-history in pre-induction (cognitive session) interview	
	1.2	Strengths	
	1.3	Weakness	
	1.4	Self-love	
unit 2		**MENTAL STATUS EXAMINATION**	
	2.1	Past history	
	2.2	Personal appearance	
	2.3	Methods - actions	
	2.4	Other observations	
unit 3		**INDUCTION**	
	3.1	Overcoming resistance of mind	
	3.2	Progressive relaxation	
	3.3	Deepening	
	3.4	Healing space	
unit 4		**EMOTIONAL HEALING**	
	4.1	Known person . Relatives and friends	
	4.2	Unknown individual	
	4.3	Scenes	
	4.4	Situations	
unit 5		**VISUALIZATION**	
	5.1	Past incidences	
	5.2	Inner child	
	5.3	Future plans	
	5.4	Transformation	

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CMH 512 CLINICAL ASSESSMENT			
Unit 1		Pre -induction	
	1.1	Pre -induction Case Study:-1-2-3-4-5	
Unit 2		Mental status examination	
	2.1	Mental status examination Case Study 1-2-3-4-5	
Unit 3		A Case Of	
	3.1	Case study 1-2-3-4-5	
Unit 4		Experiencing “the powerOf silence”	
	4.1	Experiencing enhanced spiritual andPhysical energy	
	4.2	Experiencing economized and Being Essence	
	4.3	Enables forgetting the past and enjoying the present	
	4.4	Experiencing the healing power	
	4.5	Experiencing the “angelic stage”	
Unit 5		Self-hypnosis – guided visual imagery– Self practice.	
	5.1	Self Hypnosis – Steps	
	5.2	Guided Visual imagery	

Yashwantrao Chavan Maharashtra Open University			
PPW 501: POSITIVE PSYCHOLOGY			
Unit 1		**Positive psychology: An introduction:**	
	1.1	Western and Eastern views	
	1.2	Positive emotions	
	1.3	Broaden and Build theory	
	1.4	Yoga as Positive psychology	
Unit 2		**Happiness and well-being**	
	2.1	Determinants of Happiness,	
	2.2	Antecedents and consequences of happiness.	
	2.3	Measuring happiness,	
	2.4	Happiness and well-being in Indian culture	
Unit 3		**Positive relationships and well-being**	
	3.1	Meaningful and Purposeful relationship	
	3.2	Love and belongingness;	
	3.3	Acceptance and Gratitude,	
	3.4	Forgiveness and Altruism	
Unit 4		**Therapeutic interventions**	
	4.1	Western perspective	
	4.2	Eastern perspective	
	4.3	Integration with Traditional Wisdom	
	4.4	Cultural adaptation	
Unit 5		**Resilience and subjectiveWell-being**	
	5.1	Resiliency applications	
	5.2	Resiliency skills	
	5.2	Positive parenting and Resiliency factors	
	5.3	Resilience in Indian culture	

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PPW 502: SPIRITUAL PSYCHOLOGY			
Unit 1		**INTRODUCTION TO SPIRITUAL PSYCHOLOGY**	
	1.1	Definition and interconnectedness	
	1.2	Mystical tradition and Consciousness expansion	
	1.3	Core principles and the Intersection	
	1.4	Relevance in Contemporary Society	
Unit 2		**HISTORICALFOUNDATIONS OF SPIRITUAL PSYCHOLOGY**	
	2.1	Historical Foundations	
	2.2	Navigating Eastern Philosophies	
	2.3	unravelling Western Philosophies	
	2.4	Integration into Modern Spiritual Psychology	
Unit 3		**CORE PRINCIPLES AND JOURNEY IN SPIRITUAL PSYCHOLOGY**	
	3.1	Interconnectedness	
	3.2	Consciousness Expansion	
	3.3	Holistic health and Wellness	
	3.4	Journey in Spiritual Psychology	
Unit 4		**THE EVOLUTION OF SPIRITUAL PSYCHOLOGY**	
	4.1	The Evolution of Spiritual Psychology	
	4.2	Contemporary Approaches	
	4.3	Humanistic and Person- Centered Approaches	
	4.4	Emerging trends	
Unit 5		**THE INTEGRATION OF SPIRITUL PSYCHOLOGY**	
	5.1	Relevance in Contemporary Society	
	5.2	Integrating Personal Growth	
	5.3	Addressing Challenges and Growth Areas	
	5.4	Future Directions	

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PPW 503: THEORETICAL PERSPECTIVES OF PSYCHOLOGY			
Unit 1		**Psychoanalytical perspective:**	
	1.1	Basics of psychology	
	1.2	Contricutions of psychology	
	1.3	Psycho analysis and approches	
	1.4	Therapies and its applications	
	1.5	In text questions	
Unit 2		**Behaviouristic perspective**	
	2.1	Conditioning in psychology	
	2.2	Motivation and types of motivation in Psychology	
	2.3	Drive and incentive theories	
	2.4	Prominant theories	
Unit 3		**Humanistic & existentialPerspectives**	
	3.1	Perspectives in psychology	
	3.2	Free from fear	
	3.3	Forgive and forget	
	3.4	Protection from negativities	
	3.5	Emotional stability	
	3.6	Honesty in relationships	
	3.7	Meaning and purpose of living	
Unit 4		**Cognitive and socialPerspectives**	
	4.1	Social psychology	
	4.2	Dissonance theory	
	4.3	Social learning theory	
	4.4	Motivation - cognitive balance	
Unit 5		**Indigenous perspectives**	
	5.1	Indigenous perspectives of psychology	
	5.2	Indigenous perspectives on motivation	
	5.3	Indiginous perspectives on personality	
	5.4	Significance of indigenous perspectives	

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PPW 504: METHODS OF MEDITATION AND RAJYOGA			
Unit 1		**Process and purpose of meditation**	
	1.1	Meditation practice	
	1.2	Self-empowerment technique	
	1.3	Thinking process	
	1.3	Meditation concept	
	1.4	Mental peace	
	1.5	Character development	
	1.6	Health benefits	
	1.7	Spiritual purpose	
Unit 2		**Jnana yoga & bhakti yoga**	
	2.1	Viveka	
	2.2	Vairagya	
	2.3	Shat-Sampat (six virtues)	
	2.4	Mumukshutva	
	2.5	Nature of real love	
	2.6	Modes of devotion	
	2.7	Benefits of Bhakti yoga	
	2.8	Hatha yoga	
Unit 3		**Ashtanga yoga**	
	3.1	Yama	
	3.2	Niyama	
	3.3	Asana	
	3.4	Pranayama	
	3.5	Pratyahara	
	3.6	Dharana	
	3.7	Dhyana	
	3.8	Samadhi	
Unit 4		**Different schools of Meditation**	
	4.1	Dynamic meditation	
	4.2	Transcendental meditation	
	4.3	Self- Inspiration meditation	
	4.4	Osho meditation	
	4.5	Environment	
	4.6	Preparations	
	4.7	Rajyoga meditation	
	4.8	Stages of Rajyoga meditation	
Unit 5		**Benefits of rajyoga meditation**	
	5.1	Physical benefits	
	5.2	Physiological benefits	
	5.3	Mental benefits	
	5.4	Psychological benefits	
	5.5	Social Benefits	
	5.6	Spiritual Benefits	
	5.7	Other benefits	

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PPW 505: QUANTITATIVE RESEARCH METHODS AND PSYCHOMETRY			
Unit 1		**INTRODUCTION TO RESEARCHMETHODOLOGY**	
	1.1	Meaning and objectives of Research	
	1.2	Social science research	
	1.3	Types and approaches of research	
Unit 2		**CHARACTERISTICS OF SOCIAL RESEARCH**	
	2.1	Validity and Reliability and ethical issues	
	2.2	Stages of research process	
	2.3	Selection and research problem	
	2.4	Techniques of defining research problem.	
Unit 3		**PROBABILITY, VARIABLES ANDHYPOTHESIS**	
	3.1	Probability	
	3.2	Normal distribution	
	3.3	Research hypothesis	
Unit 4		**RESEARCH DESIGNS**	
	4.1	Meaning and purpose of research Design	
	4.2	Principles and features of Research design	
	4.3	Experimental designs	
	4.4	Between group designs	
Unit 5		**OTHER DESIGNS**	
	5.1	Exploratory designs	
	5.2	descriptive designs	
	5.3	Evaluation designs and Action research.	

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PPW 506: PRACTICAL- EXPLORING SPIRITUAL WISDOM			
Unit 1			

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PPW 507. VALUES FOR EXCELLENCE IN LIFE			
Unit 1		**Developing Values**	
	1.1	Concepts of values	
	1.2	Definition and classification of values	
	1.3	Types of values- innate and acquired values	
	1.3	Espoused & applied values	
Unit 2		**Values for Personal Life**	
	2.1	Knowledge-purity-peace-introspection	
	2.2	Forgivness - honesty - integrity	
	2.3	Patience-enthusiasm - simplicity-humility	
	2.4	Spiritual advancement- self-sovereignty – contentment-self- actualization	
Unit 3		**VALUES FOR FAMILY LIFE**	
	3.1	Acceptance-caring-love-compassion= Patience	
	3.2	Trust-cheerfulness-obediance- fairness	
	3.3	Respect-empathy—sweetness	
	3.4	Thankfulness-detachment-- faith	
Unit 4		**VALUES FOR PROFESSIONAL LIFE:**	
	3.5	Active listening -discernmentdecisionmaking	
	3.6	Good communication -commitment Perseverance	
	3.7	Determination- discipline-competence	
	3.8	Courage--responsibility- spiritual Authority- professional excellence	
Unit 5		**VALUES FOR SOCIAL LIFE**	
	5.1	Reliability, tolerance,unity	
	5.2	Co-operation,genorisity,harmony	
	5.3	Freedom, protection, forgiveness	
	5.4	Equanimity, justice, orderliness	

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PPW 508 PERSONALITY PSYCHOLOGY

Unit 1		**Nature, dimensions and Measurement of personality**	**03**
		Definitions and approaches of Personality	05
		Nature and dimensions of Personality	12
		Measurement of personality	20
		Structural models of personality	33
Unit 2		**Personality in the social and Cultural context**	
		Psychology in social context	44
		Psychology in cultural context	47
		The storied construction of Personality	50
		Personality and social support Processes	52
Unit 3		**Personality in the educational Context**	73
		Personality in the educational context	76
		Significance of personality in the Educational context	79
		Personality development of Students	84
		Factors influencing personality development Of students	89
Unit 4		**Personality in the work context**	99
		Personality in the work context	103
		Personality and personnel Selection	108
		Personality correlates with job Performance	112
		Significance or importance Of personality correlates job Performance	117
Unit 5		**Personality and criminal psychology**	125
		Criminal psychology	128
		Personality and crime psycology	132
		Crime and personality	136
		Personality modification in the Criminal justice system	141

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PAPER 509 : VALUES FOR SUCCESSEFUL COUNSELLING			
Unit 1		**INTROSPECTION**	
	1.1	Definition and quotable quotes of Introspection	
	1.2	Implementation of Introspection	
	1.3	Reflection points on Introspection	
	1.4	Guided commentary of Introspection	
Unit 2		**ACCEPTANCE**	
	2.1	Definition and quotable quotes of Acceptance	
	2.2	Implementation of Acceptance	
	2.3	Reflection points on Acceptance	
	2.4	Guided commentary of Acceptance	
Unit 3		**PATIENCE**	
	3.1	Definition and quotable quotes of Patience	
	3.2	Implementation of Patience	
	3.3	Reflection points on Patience	
	3.4	Guided commentary of Patience	
Unit 4		**RESPONSIBILITY**	
	4.1	Definition and quotable quotes of Responsibility	
	4.2	Implementation of Responsibility	
	4.3	Reflection points on Responsibility	
	4.4	Guided commentary of Responsibility	
Unit 5		**DISCIPLINE**	
	5.1	Definition and quotable quotes of Discipline	
	5.2	Implementation of Discipline	
	5.3	Reflection points on Discipline	
	5.4	Guided commentary of Discipline	

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PPW 510: EXPLORING VALUES			
Unit 1		**NEED OF THE VALUEES AND TYPES OF VALUES**	
	1.1	Definition of Values	
	1.2	Intrinsic and Extrinsic Values	
	1.3	Classification of Values:	
	1.4	Types of Values	
Unit 2		**VALUES EXPLORATIONS - I**	
	2.1	Personal Values	
	2.2	Family Values	
	2.3	Professional Values	
Unit 3		**VALUES EXPLORATIONS - II**	
	3.1	Social Values	
	3.2	Spiritual Values	
Unit 4		**CHALLENGES IN VALUE ADOPTION AND DEVELOPING VALUES**	
	4.1	Types of Challenges	
	4.2	Reflection and Self-Awareness	
	4.3	Education and Lifelong Learning	
	4.4	Community and Social Engagement	
Unit 5		**ETHICAL DILEMMAS IN VALUE ADOPTION**	
	5.1	Personal Gain vs. Altruism	
	5.2	Legal vs. Ethical Considerations	
	5.3	Social and Cultural Influences	
	5.4	Complex Decision-Making	

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PPW-511 EXPLORING SPIRITUALITY			
Unit 1		**SANSKAR RE-MODELLING**	
	1.1	Theory of Self-Transformation	
	1.2	Methods for sanskar Re-modeling	
	1.3	Suggestions for Re-modeling of sanskars	
	1.4	Following a training program	
Unit 2		**SPIRITUALITY IN ACTION**	
	2.1	Reality/Consciousness	
	2.2	Inner well being	
	2.3	Personal effectiveness	
	2.4	Leadership potential & Professional development	
Unit 3		**RESTORING AND HEALINGRELATIONSHIPS**	
	3.1	All relations with ONE	
	3.2	Tools and techniques	
	3.3	Self knowledge, Detached involvement	
	3.4	Most common ‘Relational errors’	
Unit 4		**RAJYOGA - A HEALTHY VALUE–BASEDLIFESTYLE**	
	4.1	Rajyoga meditation	
	4.2	Holistic health	
	4.3	Rajyoga — a healthy value -based lifestyle	
	4.4	Laws of Life	
Unit 5		**PRINCIPLES FOR ASPIRITUAL LIFE STYLE**	
	5.1	Life style modification	
	5.2	Regular spiritual study and meditation practice	
	5.3	Selfless service	

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PPW 512: CONSISTENT POSITIVE PSYCHOLOGICAL PROGRESS

Unit 1		**PERSONAL PROGRESS MANUAL**	
	1.1	Personal information	
	1.2	Personal reasons for studying	
Unit 2		**RECORDS TO BE MAINTAINED**	
	2.1	Personal exercise manual	
	2.2	Purpose of this exercise manual	
Unit 3		**WEEKLY EFFORTS FOR 21 WEEKS**	
	3.1	Do your Best	
	3.2	Realizations and wisdom gained from your participation in this course	
Unit 4		**PRACTICAL EXERCISES FOR 21 WEEKS**	
	4.1	Exploring “the Self”	
	4.2	Exploring “spirituality	
Unit 5		**REALIZATIONS AND WISDOM GAINED**	
	5.1	Experiencing different Stages of Rajyoga Meditation	
	5.2	Experiencing “the Power of Silence”	
	5.3	Exploring “values”	