

**UNDERGRADUATE COURSE IN PSYCHOLOGY
(Incorporating Policies recommended by NEP 2020)**

VALUE BASED COURSES

Syllabus

**Department of Psychology
Nagaland University**

2023

VALUE BASED COURSES (3 Credits)

Value Based courses	Title of the paper	Total Credit	Department
	Leadership	3	Psychology
	Comprehensive sexual health education	3	Psychology

VBC- PSY 1 - LEADERSHIP (3 Credits)

Objective:

Students will learn effective leadership skills that they will find applicable in various area of life.

Unit 1: Introduction

An introduction to leadership: Definition; Personal characteristic associated with leadership- leadership traits, leader performance, leader needs; Gender and leadership; Types of leadership.

Unit 2: Leadership Skills

Communication skills, conflict management, Planning and organizing, Team building, Training and mentoring.

Reading list

- Schermerhorn, J. R., Osborn, R. N., Hunt, J. G & Uhl-Bien, M. Organizational Behaviour. John Wiley and Sons Inc.
- Aamodt, M.G. Industrial/Organizational Psychology. Wadsworth Cengage Learning
- Robbins, S. P., Judge, T. A. Organizational Behaviour. Pearson

VBC- PSY 2- COMPREHENSIVE SEXUAL HEALTH EDUCATION(3 Credits)

Objectives:

- To help students learn about about sexuality and reproductive health.
- To help the students understand the issues of adolescents and the approaches to counselling
- To help young adults develop skills to interact with both genders comfortably and respectfully in appropriate ways with maturity and responsibility

Unit -1 Introduction to Sexual Health- sex and sexuality, changes in male and female body during puberty (physical anatomy), menstruation, sexual health and hygiene

Unit-2 Creating awareness on adolescents sexuality issues- identifying methods of abstinence that reduce the risk of pregnancy, STD/HIV, STI and safer sex, contraception.

References:

Bhonsle, R & Bhonsle, M (2016). The complete book of sex education.1st edition; Jaico publishing house.

Geldard, K. & Geldard, D.(2010).Counselling Adolescents: The proactive approach for young people and Families, Sage Publications.

Hurlock,Elizabeth B.Developmental Psychology- a lifespan approach.Tata Mcgraw hill Publication