

Category-IV

COMMON POOL OF GENERIC ELECTIVES (GE) COURSES OFFERED BY DEPARTMENT OF HOME SCIENCE

GENERIC ELECTIVES (GE HS 002): SELF DEVELOPMENT AND WELLBEING

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Self Development and Wellbeing	4	3	0	1	12 th Pass	NIL

Learning Objectives

The Learning Objectives of this course are as follows:

- To understand the concepts of self-development and wellbeing
- To study theoretical perspectives and stages of self-development
- To understand framework and dimensions of wellbeing
- To understand the context and significance of managing emotions and wellbeing
- To study and understand activities for enhancing self-development and wellbeing

Learning outcomes

The Learning Outcomes of this course are as follows:

- The student will be able to understand the concept of self-development and parameters of wellbeing
- The student will be able to understand the theoretical perspectives on self-development and wellbeing
- The students will be able to demonstrate skills in developing and using contextually appropriate methods to promote well-being
- The student will be able to enhance their self-development and wellbeing through reflection and introspection

SYLLABUS OF GE HS 002

Unit I: Understanding the self (12 Hours)

To introduce various approaches and theories of self.

Subtopics:

- Definitions and concepts of self
- Perspectives on self
- Phases of self-development
- Theories of self-development

Unit II: Components of self-development (09 Hours)

To understand various aspects of self-development.

Subtopics:

- Components of Self- An integrated approach
- Self-concept and self esteem
- Social self and development
- Factors influencing self

Unit III: Concept, approaches and importance of wellbeing (12 Hours)

To understand basic definitions and concepts of wellbeing and interlink these with self-development.

Subtopics:

- Definitions and concept of Wellbeing
- Frameworks and dimensions of wellbeing
- Health and Wellbeing
- Happiness and Wellbeing

Unit IV: Promoting self-development and wellbeing (12 Hours)

To understand significance of activities related to wellbeing.

Subtopics:

- Managing relationships and emotions
- Happiness and emotional wellbeing
- Mindfulness and decision making
- Academics and Work-life balance
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Practical component (if any)

PRACTICAL: 30 Hours

- An activity on self-reflection from early childhood to adolescence.
- Focused group discussion on self and wellbeing.
- Narrative analysis/: biographies and autobiographies/ Diagrammatic representation of the self)

- Selected exercises to promote wellbeing: Music, dance, literature, poetry, art, yoga, meditation, play, and theatre
- Psychometric tests- on self and wellbeing
- Session on basics of counselling
- Profile an organisation work in sector of counselling

Essential Readings

1. Burkitt, I. (2008). *Social selves: Theories of self and society*. Sage
2. Emmons, R. A., & Shelton, C. M. (2002). Gratitude and the science of positive psychology. *Handbook of positive psychology*, 18, 459-471.
3. Kakar, S. (1978). *The inner world*. Delhi: Oxford University Press.
4. Kakar, S. and Kakar, K. (2007). *The Indian: The portraits of a people*. London: Penguin/Viking.
5. Mathews, G., & Izquierdo, C. (Eds.). (2008). *Pursuits of happiness: Well-being in anthropological perspective*. Berghahn books.
6. Rice, F. P. (2007). *Adolescent: Development, Relationship and Culture*.
7. Sabharwal, N., Ranganathan, N., Singh, I. V., & Basu, S. (2017). *Unit-1 Dimensions of Self: An Integrated Approach*.
8. Santrock, J. (2010). *LifeSpan Development: A Topical Approach*, New Delhi: Tata McGraw Hill.
9. Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.). (2020). *The Oxford handbook of positive psychology*. Oxford university press.
10. Snyder, C.R., & Lopez, S.J. (2007). *Positive psychology: The scientific and practical explorations of human strengths*. Thousand Oaks, CA: Sage.
11. Winnicott, D. W. (2012). *The family and individual development*. Routledge.
12. Gough, I., & McGregor, J. A. (Eds.). (2007). *Wellbeing in developing countries: from theory to research*. Cambridge University Press.

Suggested Readings

1. Snyder, C.R., Lopez, S.J., Pedrotti, J.T. (2011). *Positive psychology: The scientific and*
2. *Practical explorations of human strengths*. New Delhi: Sage.
3. Seligman, M. (2011). *Flourish: A Visionary New Understanding of Happiness and Well-being*, Atria Books. Peterson, C. A. (2006). *A Primer in Positive Psychology*, Oxford University Press.
4. Nettle, D.S. (2006). *Happiness: The Science Behind Your Smile*, Oxford University Press.
5. Lyubomirsky, S. (2013). *The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does*, Penguin.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.