

Introduction to Humanities

IC/100

Credits 3

UNIT 1 EDUCATION - Educational Psychology and Development

- Meaning of education and psychology; concept of educational psychology
- Implications of educational psychology in teaching and learning
- Meaning and principles of growth and development
- Meaning of individual difference; implications of individual difference for teaching-learning process

UNIT 2 PHILOSOPHY - Introduction

- Meaning of philosophy (Indian and Western)
- Branches and methods of philosophy
- Philosophy and science
- Philosophy and religion

UNIT 3 PSYCHOLOGY - Introduction and Positive Psychology

- Definition, Goals and Fields of Psychology
- Modern perspectives of psychology (biological, psychodynamic, behaviourist, gestalt, cognitive, cross – cultural, humanistic and evolutionary)
- Meaning, definition, assumptions and goals of positive psychology
- Happiness and well-being; positive emotions (hope, optimism, gratitude and well-being)

Suggested Readings

1. Mangal, S.K (1993) Advanced Educational Psychology, New Delhi, Prentice Hall of India
2. Sharma R.N & Sharma R.K (2006) Advanced Educational Psychology, New Delhi, Atlantic Publishers and Distributors
3. Roy, G.K & Roy, S (2008) A Textbook of Educational Psychology, New Delhi, Manglam Publishers and Distributors
4. Skinner, C.E (2008) Essentials of Educational Psychology, New Delhi, Surjeet Publications
5. Chatterjee, S.C & Dutta, D.M. Introduction to Indian Philosophy, New Delhi, Rupa & Co, 2012
6. Dutta, D.M. The Six Ways of Knowing. New Delhi, Motilal Banarsidass, 2017.
7. Patrick, George Thomas White. Introduction to Philosophy, New Delhi, Surjeet Publications, 2019.
8. Sharma, C.D. A Critical Survey of Indian Philosophy, New Delhi, Motilal Banarsidass, 2016.
9. Sinha, J.N. Introduction to Philosophy, Kolkata, New Central Book Agency, 2009.
10. Baumgardner, S.R & Crothers, M.K (2009). Positive Psychology, New Delhi, India: Pearson
11. Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Routledge
12. David, S.A., Boniwell, I. & Ayers, A.C (2013). The Oxford Handbook of Happiness, Oxford University Press.
13. Snyder, C.R & Lopez, S.J (2002). Handbook of Positive Psychology. New York: Oxford University
14. Morgan, C.T., King, R.A., Weisz, J.R., Schopler, J. (2004). Introduction to Psychology, 7th Edition, 24th Reprint, New Delhi, Tata McGraw-Hill.
15. Baron, R. & Misra, G. (2018). Psychology. New Delhi, Pearson Education.
16. Feldman, R.S (2011). Understanding Psychology. 10th Edition, Delhi, Tata McGraw-Hill.
17. Ladyman, James. Understanding Philosophy of Science. London and New York: Routledge, 2002