



**AMITY UNIVERSITY**  
MADHYA PRADESH

**AMITY INSTITUTE OF BEHAVIOURAL  
&  
ALLIED SCIENCES  
Value Added Course**

Behavioural Science Course

(UG/PG Programme)







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## FIRST SEMESTER UNDERSTANDING SELF FOR EFFECTIVENESS (Total Credits: 2)

Course Code	COURSE	DURATION (IN HOURS)
<b>Course Code: BSU-143</b>	Self: Core Competency	6
	Techniques of Self Awareness	6
	Self Esteem & Effectiveness	6
	Building Positive Attitude	6
	Building Emotional Competence	6
<b>TOTAL HOURS</b>		<b>30</b>

## SECOND SEMESTER INDIVIDUAL, SOCIETY AND NATION (Total Credits: 2)

Course Code: BSU-243	COURSE	DURATION (IN HOURS)
	Individual Differences and Personality	6
	Managing Diversity	6
	Socialization	6
	Patriotism and National Pride	6
	Human Rights, Values and Ethics	6
<b>TOTAL HOURS</b>		<b>30</b>





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## THIRD SEMESTER

### PROBLEM SOLVING & CREATIVE THINKING

(Total Credits: 2)

Course Code: BSU-343	COURSE	DURATION (IN HOURS)
	Thinking as a tool of Problem Solving	6
	Hindrances to Problem Solving process	6
	Problem Solving	6
	Plan of Action	6
	Creative Thinking	6
<b>TOTAL HOURS</b>		<b>30</b>

## FOURTH SEMESTER

### VALUES & ETHICS FOR PERSONAL & PROFESSIONAL DEVELOPMENT

(Total Credits: 2)

Course Code: BSU-443	COURSE	DURATION (IN HOURS)
	Introduction to Values & Ethics	6
	Values Clarification & Acceptance	6
	Morality	6
	Ethical Practice	6
	Personal & Professional Values	6
<b>TOTAL HOURS</b>		<b>30</b>







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## FIFTH SEMESTER

### GROUP DYNAMICS AND TEAM BUILDING

(Total Credits: 2)

Course Code: BSU-543	COURSE	DURATION (IN HOURS)
	Groups Formation	6
	Group Functions	6
	Teams	6
	Leadership	6
	Power to Empower	6
<b>TOTAL HOURS</b>		<b>30</b>

## SIXTH SEMESTER

### STRESS AND COPING STRATEGIES

(Total Credits: 2)

Course Code: BSU-643	COURSE	DURATION (IN HOURS)
	Stress	6
	Stages and Models of Stress	6
	Causes and Symptoms of Stress	6
	Consequences of Stress	6
	Strategies for Stress management	6
<b>TOTAL HOURS</b>		<b>30</b>





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## SEVENTH SEMESTER

### CAREER PLANNING & DEVELOPMENT

(Total Credits: 2)

Course Code: BSU-743	COURSE	DURATION (IN HOURS)
	Career Planning	6
	Career Success: Interest, Aptitude & Attitude	6
	Explore Career for Growth	6
	Self Reliance and Employability Skills	6
	Impression Management for Career Enhancement	6
<b>TOTAL HOURS</b>		<b>30</b>

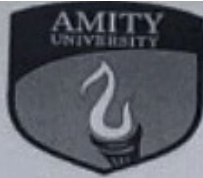
### EIGHTH SEMESTER POSITIVE PERSONAL GROWTH

(Total Credits: 1)

Course Code: BSU-843	COURSE	DURATION (IN HOURS)
	Positive Personality	6
	Positive Emotions	6
	Hope, Optimism and Resilience	6
	Application of Positive Emotions	6
	Happiness and Well Being	6
<b>TOTAL HOURS</b>		<b>30</b>







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## FIRST SEMESTER

### Self-Development for Interpersonal Skills

(Total Credits: 2)

Course Code: BSP-143	COURSE	DURATION (IN HOURS)
	Understanding Self	5
	Self-Esteem: Sense of Worth	5
	Emotional Intelligence: Brain Power	5
	Managing Emotions and Building Interpersonal Competence	5
	Leading Through Positive Attitude	5
	End-of-semester Appraisal	5
<b>TOTAL HOURS</b>		<b>30</b>

## SECOND SEMESTER

### CONFLICT RESOLUTION & MANAGEMENT

(Total Credits: 2)

Course Code: BSP-243	COURSE	DURATION (IN HOURS)
	Conflict Management	5
	Behavioural & Interpersonal Communication	5
	Relationship Management for Personal & Professional Development	5
	Stress Management	5
	Conflict Resolution & Management	5
	End-of-semester Appraisal	5
<b>TOTAL HOURS</b>		<b>30</b>







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## THIRD SEMESTER

### Professional Competencies & Career Development

(Total Credits: 2)

Course Code: BSP-343	COURSE	DURATION (IN HOURS)
	Professional Competence	5
	Managing Personal Effectiveness	5
	Components of Excellence	5
	Career Development	5
	Personal & Professional Success	5
	End-of-semester Appraisal	5
<b>TOTAL HOURS</b>		<b>30</b>

## FOURTH SEMESTER

### LEADERSHIP & MANAGING SKILLS

(Total Credits: 2)

Course Code: BSP-443	COURSE	DURATION (IN HOURS)
	Leadership Excellence	5
	Team: An Overview	5
	Team Building for Leadership Excellence	5
	Team & Sociometry	5
	Team Leadership for Managing Excellence	5
	End-of-semester Appraisal	5
<b>TOTAL HOURS</b>		<b>30</b>

