

VAC Name: Human Psychology
(VAC-HSC-13)



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

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No. 91-9639010541



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-
250005

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Ref. No. /Notice/HSC/2017-18/26

02 /01/2018

NOTICE

Value Added Courses are being organized by Department of Home Science from 15/01/2018.
Interested students are requested to contact Dr. Nishma and Ms. Shalu Nehra for the registration.

| S.No. | Name of Course | Programe Coordinator | Date |
|-------|------------------------------|----------------------|---------------|
| 1 | Child and women Rights | Dr. Nishma Singh | 15/Jan /2018 |
| 2 | Maternal and Child Nutrition | Dr. Nishma Singh | 02/April/2018 |
| 3 | Basics of child Psychology | Dr. Nishma Singh | 03/ Oct/2018 |
| 4 | Human Psychology | Dr. Nishma Singh | 04/Dec/2018 |
| 5 | Mental Health and Hygiene | Ms. Shalu Nehra | 1/August/2019 |

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Jyoti Gaur

(Head Department of Home Science)

DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

Registrar
Swami Vivekanand
Subharti University
MEERUT

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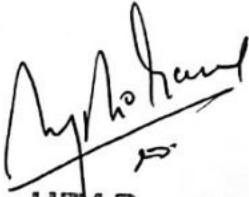
Syllabus

Value Added Course

Human Psychology

- Cognitive Process
- Social Psychology
- Emotions in Everyday Life
- Appreciating Diversity
- Group Process in organizations
- Positive Psychology
- Gender: A Psycho-Social Understanding
- Listening and Communicating
- Problems of Infancy, childhood, adolescence adulthood and old age


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DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

REPORT

VALUE ADDED COURSE ON “HUMAN PSYCHOLOGY”

PROGRAMME NAME: “HUMAN PSYCHOLOGY”

DATE OF VAC: 4.12.2018 to 4.01.2019

VENUE: Department of Home Science

TIME: 2:00-3:00(on alternative days)

DURATION OF THE COURSE - 30 hours

NAME OF THE FACULTY- Dr. Nishma Singh

TOTAL NUMBER OF PARTICIPANTS- 19

Shaheed Baba Deep Singh, Department of Home Science of SVSU, Meerut held a VAC on Human Psychology from 4.12.2018 to 4.01.2019. The course was attended by 19 participants from different stream. The course aimed to strengthen the bio psychosocial model that views health and illness as the product of a combination of factors including biological characteristics (e.g. genetic predisposition), behavioral factors, (e.g. lifestyle, stress, health beliefs) and social conditions (e.g. cultural influences, family relationships and social support).

Human psychology is the scientific study of mind and behavior in human beings. Specifically, psychologists strive to better understand the mental processes that lay behind our various modes of engaging with and experiencing the world, both typical and atypical. Advances in psychological, medical, and physiological research have led to a new way of thinking about health and illness.

KEY OBJECTIVES OF THE VAC PROGRAMME WAS

- Cognitive process
- Social psychology
- Emotions in everyday life
- Appreciating diversity
- Group process in organizations
- Positive psychology
- Gender: A psycho social understanding
- Listening and communicating
- Problems of infancy, childhood, adolescence, adulthood and old age.



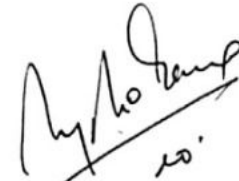
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Student's attending Value Added course



Value Added Course- Human Psychology

| |
|-------------------|
| Ngurthansangi |
| Km Neha Tiwari |
| Kirti |
| Vijeta Singh |
| Shiney |
| Srashti Sharma |
| Sidra Zaidi |
| Shivani Prajapati |
| Chaya Chaudhary |
| Rani |
| Shweta Tyagi |
| Rupanshi Garg |
| Km Sadaf Rani |
| Karishma Verma |
| Km Anjum |
| Niharika Agrawal |
| Heena Khan |
| Abdush Samad |
| Mahaiso Kazingmei |



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Certificate of Completion

THIS ACKNOWLEDGES THAT

Ngurthansangi

has successfully completed
30 hours value added on
'Human Psychology'
(December 4- January 4, 2019)

Dr. Jyoti Gaur
Head, Department of Home Science

HEAD
DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

Dr. Nishma Singh
Program Coordinator



Department of Home Science
Swami Vivekanand Subharti University
Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

Certificate of Completion

THIS ACKNOWLEDGES THAT

Vijeta Singh

has successfully completed
30 hours value added on
'Human Psychology'
(December 4- January 4, 2019)

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Subharti University
MEERUT

Dr. Jyoti Gaur
Head, Department of Home Science

HEAD
DEPARTMENT OF HOME SCIENCE
Subharti University, Meerut

Dr. Nishma Singh
Program Coordinator



Department of Home Science
Swami Vivekanand Subharti University
Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

Certificate of Completion

THIS ACKNOWLEDGES THAT

Kirti

has successfully completed
30 hours value added on
'Human Psychology'
(December 4- January 4, 2019)

Dr. Jyoti Gaur
Head, Department of Home Science

HEAD
DEPARTMENT OF HOME SCIENCE
S. V. Subharti University, Meerut

Dr. Nishma Singh
Program Coordinator



Department of Home Science
Swami Vivekanand Subharti University
Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

Certificate of Completion

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Subharti University
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Dr. Jyoti Gaur
Head, Department of Home Science

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DEPARTMENT OF HOME SCIENCE
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Dr. Nishma Singh
Program Coordinator