



PROGRAMME OUTCOMES (POs):

- 1) In areas such as relationship development, friendship, love, love in the digital era, marriage, and family domains within applied psychology.
- 2) Participants will demonstrate a comprehensive understanding of the theories, concepts, and research methods relevant to health psychology.
- 3) Participants will demonstrate an increased understanding of their own strengths, weaknesses, values, and personal preferences and develop effective interpersonal skills.
- 4) Participants will understand the process of job interview and develop emotional intelligence skills.
- 5) Participants will understand the community mental health issues and apply the required skills

COURSE OUTCOMES:

Course	Course Name	Course Outcomes
B.A.I	DSC I Psychology for Friendship and Love	CO 1 Understand Relationship Development CO 2 Explore Friendship CO 3 Study Theories of Romantic Love CO 4 Examine the Course of Romantic Love CO 5 Explore Marriage and Family Dynamics CO 6 Address Vulnerable Areas in Marital Adjustment CO 7 Study Gender Behaviour and Sexual Expression
	DSC II Health Psychology	CO 1 Students will understand the concept and state of health. CO 2 Student would be able to regulate physical and mental process. CO 3 Student will understand the need and challenges before health psychology. CO 4 Course would be helpful in developing health habits and promote health behavior among students. CO 5 To identify the concept of stress, sources of stress and stressful events.
	OE I Psychological First Aid	CO 1. Understand the physical, mental, emotional and social crises. CO 2. Identify those in crises who need care (The needy). CO 3. Help the needy to handle their crises through PFA. CO 4. Handle their own stress and burnout while providing PFA.
	OE II Build Good Habits and Break Bad Habits	CO 1. Identify and analyse keystone habits in personal and professional contexts. CO 2. Understand the personalized habit-stacking plans for specific behavioural changes. CO 3. Develop SMART goals aligned with desired habits.

		<p>CO 4. Execute the four laws of behavior change as atomic habits.</p> <p>CO 5. Engage in reflective practices to assess personal growth and development.</p>
B.A.II	MN I Personal Psychology	<p>CO 1. Students will understand and explain the foundational concepts of psychology and subfields of psychology.</p> <p>CO 2. Students will analyse and describe why study of psychology is important</p> <p>CO 3. Students will evaluate and apply workplace skills for the 21st century.</p> <p>CO 4. Students will examine and assess the factor that contribute to goal achievement</p>
	MN II Psychological Foundation of human development in Adolescence	<p>CO1: Describe key concepts and theoretical foundations of lifespan development.</p> <p>CO2: Explain physical, cognitive, and emotional changes during adolescence and early adulthood.</p> <p>CO3: Evaluate family dynamics and parenting influences on adolescent development.</p> <p>CO4: Analyse adolescent problems and suggest appropriate intervention strategies.</p>
	OE III Human Development	<p>CO 1 Understand Human Development.</p> <p>CO 2 Understand periods of Life Span.</p> <p>CO 3 Familiar with physical changes in adolescence.</p> <p>CO 4 Study adolescent sexuality.</p> <p>CO 5 Explore Friendship.</p> <p>CO 6 Examine the media.</p>
	OE IV Psychology for Happiness and Well-being	<p>CO1 Understand the fundamental concepts of happiness and well-being.</p> <p>CO2 Develop and implement strategies to enhance happiness and</p>

Principal
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