

UNIVERSITY
GWALIOR • MP • INDIA

SCHOOL OF NURSING SCIENCES

ITM UNIVERSITY, GWALIOR


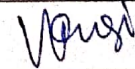
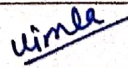
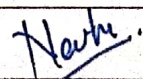
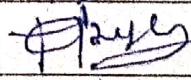
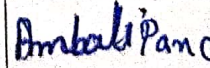
SESSION 2020 – 2021

MINUTES OF MEETING

A meeting of the Board of Studies was held at Har Govind Khorana Block on 4th June 2020 at noon. The agenda of the meeting was:

- Overview of the previous BOS dated 10th June 2019
- Approval for inculcating Student Effective Learning Outcome (SELO)
- Approval for introducing Certified Community Health in 8th Semester in BSc and PBBSc Nursing.
- Approval for introducing Stress Management & Personality development as elective course in PBBSc Nursing.
- Approval for introducing Sports Health & Health Economics as an elective course in MSc Nursing.

Board of Studies Members:

S.NO	Faculty	Positions	Signature
1.	Prof. Mini Anil, Dean, SoNS	Chairperson BOS	
2.	Prof. Vinsi Prince, Principal, Bombay Hospital & College of Nursing, Indore.	External Expert	
3.	Prof. Vimla Prasad, Principal, College of Nursing, Gwalior.	External Expert	
4.	Ms. Neetu Bhadoriya, Associate Prof, SoNS	Member	
5.	Dr. Rakesh Kumar Dhaka, Associate Prof, SoNS	Member	
6.	Mrs. Ambali Pancholi, Assistant Prof, SoNS	Minutes Secretary	

The meeting started with a welcome note by Prof. Mini Anil, Dean, SoNS to the respected external experts Prof. Vinsi Prince, Principal, Bombay Hospital & College of Nursing,


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Indore, Prof. Vimla Prasad, Principal, College of Nursing, Gwalior. and all members of BOS.
The following agenda was discussed:

a) Overview of the previous BOS dated 10th June 2019


The previous BOS dated 12th June 2018 was overviewed and approved by the BOS expert.

b) Approval for inculcating Student Effective Learning Outcome (SELO)

Student Effective Learning Outcome was presented by Prof. Mini Anil, Dean, SoNS, and the points were approved by BOS members.

Student Effective Learning Outcome

1. Ability to solve problems through application of theoretical & practical concepts.
2. Clear understanding of professional ethics.
3. Critical & innovative thinking skills.
4. Lifelong learning ability.
5. Design thinking ability.
6. Ability to observe and develop sense-making, and logical skills for abstract concepts.
7. Ability to develop emotional quotient to be socially intelligent.
8. Ability to understand subject-related concepts clearly along with contemporary issues.
9. Application of concepts of the topic & its technological application.
10. Ability to collaborate.
11. Application of concerning standards realistically to design a solution component or a product.
12. Computational thinking ability (including translating vast data into concepts and understanding database reasoning.
13. Adaptive thinking skills.
14. Teamwork skills in cross-cultural environments in different levels of competencies.
15. Ability to use updated tools, techniques, and skills for effective domain-specific practices.


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16. Having a good digital footprint.
17. Ability to manage mental load and development of cognitive skills.
18. Ability to interpret and analyse data into information and to design and conduct experiments.
19. Knowledge and ability for effective professional communication.
20. Ability to be a lifelong self-learner.
21. Understanding available tools and products and the ability to use them effectively.

c) **Approval for introducing a Certificate in Community Health in 8th Semester in BSc and PBBSc Nursing.**


Prof. Mini Anil presented the MP council intimation regarding integrating the **Certificate in Community Health** scheme and syllabus of the new course was approved in B.Sc. Nursing and Post Basic B.Sc. Nursing for current passing year batch. BOS members discussed and approved in the meeting. (Annexure I)

i) **Approval for new elective course in PBBSc Nursing & MSc Nursing.**

In the BOS meeting, the scheme and syllabus for the following new courses were approved based on feedback from stakeholders, including alumni and faculty. The 20-hour syllabus for **Stress Management & Personality Development** was deemed essential and accepted as an elective course for the PBBSc Nursing Programme. Additionally, new courses in **Sports Health and Health Economics**, with a 20-hour syllabus, were discussed and approved by BOS members as elective courses for the MSc Nursing Programme.

The meeting adjourned with a vote of thanks to the chair.


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Prof. Mini Anil
Prof. MINI ANIL
DEAN-SONS
Chairperson
INSTITUTE OF NURSING SCIENCE
STUDIES & RESEARCH
ITM UNIVERSITY, GWALIOR

Syllabus-2020-2021

(SONS)(BSc_Nursing)

Title of the Course	Certificate Community Health
Course Code	BNSG 803

Part A

Year	Semester	Credits	L	T	P	C
			1	0	0	1
Course Type	Theory only					
Course Category	Foundation core					
Pre-Requisite/s			Co-Requisite/s			
Course Outcomes & Bloom's Level	CO1- To understand the holistic care, competent nursing care, extended role of nursing and its relation to evidence based patient care and elaborate the role of the Nurse in the Community (BL2-Understand) CO2- understand the community health problems and holistic care , competent nursing care and extended role of nurses in community health centers(BL3-Apply) CO3- evaluate the problem in the community by questioning and behalf of that students able to analyze the problem regarding health issues.(BL4-Analyze)					
Courses Elements	Skill Development ✓ Entrepreneurship X Employability ✓ Professional Ethics X Gender ✓ Human Values X Environment X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG5(Gender equality) SDG10(Reduced inequalities)			

Part B

Modules	Contents	Pedagogy	Hours
Unit 1	Foundations Of Community Health Introduction to Public Health and Epidemiology Concepts of Community Health Health Care Planning and Organization of Health Care at various levels Environmental Health and Sanitation Introduction to Epidemiology, Epidemiological Approaches and Processes Demography, Surveillance and Interpretation of data Bio-Medical Waste Management and Infection Control	Group Discussion, Case Study & Seminar	5
Unit 2	Primary Health Care Of Common Communicable and Non Communicable Diseases Communicable Diseases and Management under National Health Programme Non-Communicable Diseases and Management under National Health Programme Management of Common Conditions and Emergencies including First Aid Over View of Surgical conditions, Referral and Followup Care	Group Discussion, Case Study & Seminar	5
Unit 3	Maternal And Child Health Maternal Health Introduction to RMNCH +A Programme Ante Natal Care Intra natal care Early Identification, Management and Referral of Complications Post Partum Care Reproductive Health and Adolescent Health Gynecological Conditions Family Planning methods, Spacing Techniques and Counseling Medical Abortion and MTP Act Counseling in Reproductive Health, and other Adolescent Problems Teenage Pregnancies – Consequences and Complications New Born and Child Health Care Essential Care of Newborn at Birth Management of Common Neonatal Problems-1 Management of common childhood problems Introduction to Rashtriya Bal Sureksha Karyakaram Universal Immunization Programme (UIP)	Group Discussion, Case Study & Seminar	5

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Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
0	0	0	0	0	0
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation


Books	Bracht, N. (Ed.). (1999). Health promotion at the community level: New advances. SAGE Publications.
Articles	https://www.google.com/search?q=article+on+newborn+care+&client=firefox-b-d&sca_esv=cf278679bfcfbab3&sca_upv=1&sxsrf=ADLYWIL-M-07v8rA3EPiOGQiA4&ved=0ahUKEwj7jMSwzO6GAXVnxzGHawwBOEQ4dUDCBA&uact=5&oq=article+on+newborn+care+&gs_lp=Egxnd3Mtd2lXNlcuAaAhwiz-serp
References Books	Merson, M. H., Black, R. E., & Mills, A. J. (Eds.). (2012). Global health: Diseases, programs, systems, and policies (3rd ed.). Jones & Bartlett Learning.
MOOC Courses	https://www.mooc-list.com/tags/maternal-health
Videos	Caring For Your Newborn - https://www.youtube.com/watch?v=-CWJYxlvoFQ

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	1	-	1	1	1	-	1	-	1	1	1	-	-
CO2	1	1	1	1	1	1	1	1	1	1	1	1	2	-	1
CO3	1	1	1	-	1	-	1	-	1	-	-	-	-	-	-
CO4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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Syllabus-2020-2021


(SONS)(MSc_Nursing-Community_Health_Nursing)

Title of the Course	Sports Health
Course Code	MNSG 105

Part A

Year	Credits	L	T	P	C
		1	0	0	1
Course Type	Theory only				
Course Category	Discipline Electives				
Pre-Requisite/s	Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- to assess the severity of injury, recognize life threatening condition provide emergency care and initiate emergency procedures if any to avoid delay in care.(BL1-Remember) CO2- Understanding the importance of conditioning and sports injuries Rehabilitation.(BL2-Understand) CO3- Demonstrate understanding of sports health.(BL3-Apply) CO4- Participate effectively as a member of sports health team(BL4-Analyze)				
Courses Elements	Skill Development X Entrepreneurship X Employability X Professional Ethics X Gender X Human Values X Environment X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth)		

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Part B

Modules	Contents	Pedagogy	Hours
Unit 1	Definition and scope of Sports Health and Physical Fitness 2. Pre-Participation exam for sports 3. On-field & Off-field evaluation of athlete 4. The Emergency Medical services System 5. Physiological Principle of strength Training/Conditioning, Deconditioning 6. Exercises and Environmental concern (Heat/Temperature Regulation, Acclimatization) 7. Common sports injuries & musculoskeletal assessment. 8. Therapeutic/Rehabilitation modalities overview. 9. On field management of sports injuries: Cryotherapy, sports taping etc. 10. Protective Equipment: protective wrapping, protective eye wear, Helmets, face mask. 11. Energy demands of Sports. 12. Nutritional supplements, 13. Ergogenic aids (Performance enhancing agents) and Doping.	Lecture cum discussion , Group discussion & Seminars	15

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
Unit 1	Therapeutic/Rehabilitation modalities overview	Field work	BL3-Apply	3
Unit 1	The Emergency Medical services System	Simulation	BL4-Analyze	2

Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation

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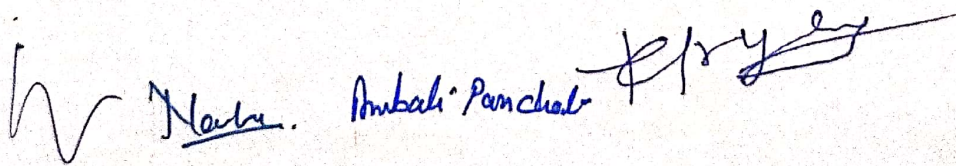
Part E

Books	Brükner, P., & Khan, K. (2017). Brükner & Khan's clinical sports medicine (5th ed.). McGraw-Hill Education.
Articles	https://www.researchgate.net/publication/376900883_The_Importance_of_Sports_for_Public_Health
References Books	Herring, S. A., & Kibler, W. B. (Eds.). (2017). Acute and overuse injuries in running sports. Springer.
MOOC Courses	https://www.shiksha.com/online-courses/courses-certification-training-v3335
Videos	Importance & Benefits of Sports on your Health - https://www.youtube.com/watch?v=Z-W0we-sFhs

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	1	-	-	-	-	1	-	-	-	-	-	-	-	1	-
CO3	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-
CO4	1	-	-	-	-	1	-	-	-	-	-	-	-	-	1
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-


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Syllabus-2020-2021

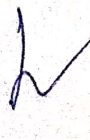
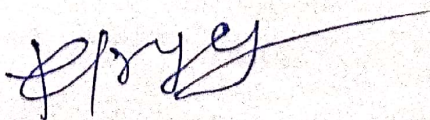
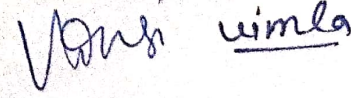
(SONS)(MSc_Nursing-Community_Health_Nursing)

Title of the Course	Health Economics
Course Code	MNSG 106

Part A

Year	Credits	L	T	P	C
		1	0	0	1
Course Type	Theory only				
Course Category	Discipline Electives				
Pre-Requisite/s		Co-Requisite/s			
Course Outcomes & Bloom's Level	CO1- Explain the meaning of economics and health economics.(BL1-Remember) CO2- Discuss financing system of health care services in India.(BL2-Understand) CO3- Describe the structure of health care industry and characteristics of market for health care services.(BL3-Apply) CO4- Analyze the concept of cost in health care.(BL4-Analyze)				
Courses Elements	Skill Development X Entrepreneurship X Employability ✓ Professional Ethics X Gender X Human Values X Environment X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth)		


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Part B

Modules	Contents	Pedagogy	Hours
Unit 1	Introduction to Economics □ Definition and meaning □ Dimensions of economics Micro and Macro-economics □ Positive and Normative economics	Lecture cum discussion	2
Unit 2	Introduction to Health Economics □ Concept of health economics □ Scope of Health economics □ Focus of health economics □ Areas of health economics □ The economics of health and health care service, health and economic development. □ Implications of economic development to the health care services □ Mechanism and sources of health financing in the country. □ Causes of health problems in India. □ Solutions to health problems	Lecture cum discussion & Case Study	4
Unit 3	Cost of Health Care □ Concept of cost, types of costs □ Opportunity cost, total fixed and variable cost, average marginal and sunk cost □ cost benefit analysis and cost effectiveness analysis	Lecture cum discussion & Case Study	4
Unit 4	Demand and Supply in Health Care □ Concept of demand, need, supply, input, output, production function, industry and market □ Structure of health care industry □ Characteristics of health care services market □ Demand side and supply side □ Factors affecting demand □ Factors influencing demand for medical care □ Factors affecting supply	Lecture cum discussion & Case Study	4
Unit 5	Financing of Health Care in India □ Financing system and allocation □ Sources of financing of health care services □ Health plans and outlays, the relative role of state and central government on financing of health care services □ Factors influencing the state's ability to finance health care services □ Role of voluntary organizations in health care □ Public Private Partnership in providing services in health care	Lecture cum discussion & Case Study	6

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
Unit 2	The economics of health and health care service, health and economic development.	Case Study	BL4-Analyze	2
Unit 3	cost benefit analysis and cost effectiveness analysis	Case Study	BL4-Analyze	2
Unit 5	Health plans and outlays, the relative role of state and central government on financing of health care services	Case Study	BL4-Analyze	2

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Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation


Part E

Books	Folland, S., Goodman, A. C., & Stano, M. (2016). The Economics of Health and Health Care (8th ed.). Routledge.
Articles	Health Economics at the Crossroads of Centuries – From the Past to the Future - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4899886/
References Books	Morris, S., Devlin, N., Parkin, D., & Spencer, A. (2012). Economic Analysis in Health Care (2nd ed.). Wiley-Blackwell.
MOOC Courses	https://www.coursera.org/courses?query=health%20economics
Videos	Introduction to health economics - https://www.youtube.com/watch?v=jZxvVGhhO00

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	-	-	-	1	-	-	-	-	-	-	-	1	-
CO2	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-
CO3	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	1	-	-	-	-	1	-	-	-	-	-	-	-	-	1
CO5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

H. Hebbi Ambali Panchal


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Syllabus-2020-2021 (SONS)(PB_BSc_Nursing)

Title of the Course	Stress Management
Course Code	PBNSG-209

Part A

Year	Credits	L	T	P	C
		1	0	0	1
Course Type	Theory only				
Course Category	Discipline Electives				
Pre-Requisite/s	Co-Requisite/s				
Course Outcomes & Bloom's Level	CO1- Identify the causes of unwanted stress.(BL1-Remember) CO2- Understand how stress works and its effects on human behavior and physiology. (BL2-Understand) CO3- Develop techniques to avoid stress affect the personal and professional life.(BL3-Apply) CO4- Utilize effective stress reduction techniques.(BL4-Analyze) CO5- Develop a Personal Action Plan for Stress Management.(BL5-Evaluate)				
Courses Elements	Skill Development X Entrepreneurship X Employability ✓ Professional Ethics X Gender X Human Values X Environment X	SDG (Goals)	SDG3(Good health and well-being) SDG4(Quality education) SDG8(Decent work and economic growth)		

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Part B

Modules	Contents	Pedagogy	Hours
Unit 1	Introduction □ Concept of stress, definition □ Types of stress: positive, negative □ Various sources of stress: environmental, social, physiological, psychological □ Types of stressors: internal and external	Lecture cum discussion & Group discussion	3
Unit 2	Stress and its effect on human physiology and behaviour □ Body's response to stress: Hans Selye's General Adaptation Syndrome □ Stress Cycles: distress and wellness cycle □ Cognitive appraisal of stressors □ Stress symptoms: emotional, behavioural, physical □ Stress and diseases: cancer, Gastric ulcer, Bronchial asthma, effect on endocrine glands, Psycho-sexual disease, Anxiety Neurosis □ Assessing stress levels Holmes - Rahe - life change index	Lecture cum discussion & Group discussion	5
Unit 3	Stress avoidance techniques □ Individual difference in resistance to stress: optimism & pessimism □ Strategies of stress prevention & management □ Challenging stressful thinking/resilience and stress □ Problem solving and time management □ Physical methods of stress reduction □ Preparing for occupational stress □ Care of self: Nutrition & other lifestyle issues □ Conflict management in relationship	Lecture cum discussion, Role play & Group discussion	5
Unit 4	Stress reduction strategies □ Utilizing stress reduction techniques □ Relaxation techniques: □ abdominal breathing □ progressive relaxation, □ massage □ biofeedback □ autogenic training-self hypnosis □ visualization and mental imagery □ Enhance self esteem □ Support groups	Lecture cum discussion, Role play & Group discussion	2

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
Unit 1	Types of stress: positive, negative	Role Play	BL3-Apply	1
Unit 2	Stress and diseases: cancer, Gastric ulcer, Bronchial asthma, effect on endocrine glands, Psycho-sexual disease, Anxiety Neurosis	Case Study	BL4-Analyze	1
Unit 3	Strategies of stress prevention & management	Role Play	BL4-Analyze	1
Unit 4	Utilizing stress reduction techniques	Case Study	BL4-Analyze	2

Handwritten signatures and names: Nisha, Ambali Anshul, Prayag, Himla, Anshu

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Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
50					
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation


Part E

Books	Seaward, B. L. (2017). Managing stress: Principles and strategies for health and well-being (9th ed.). Jones & Bartlett Learning.
Articles	Stress Management - https://www.ncbi.nlm.nih.gov/books/NBK513300/
References Books	Greenberg, J. S. (2020). Comprehensive stress management (15th ed.). McGraw-Hill Education.
MOOC Courses	https://www.mooc-list.com/tags/stress-management
Videos	Managing Stress - https://www.youtube.com/watch?v=hnpQrMqDoqE

Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	-	-	-	-	-	-	-	-	-	1	-	-	1
CO3	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO4	-	1	-	-	-	-	-	-	-	-	-	1	-	-	1
CO5	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-
CO6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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Syllabus-2020-2021


(SONS)(PB_BSc_Nursing)

Title of the Course	Personality development
Course Code	PBNSG110

Part A

Year	Credits	L	T	P	C
		1	0	0	1
Course Type	Theory only				
Course Category	Discipline Electives				
Pre-Requisite/s		Co-Requisite/s			
Course Outcomes & Bloom's Level	<p>CO1- Describe basic personality traits and personality types & various stages of personality development(BL1-Remember)</p> <p>CO2- Enumerate personality disorders(BL2-Understand)</p> <p>CO3- Demonstrate skills in identifying personality disorders(BL3-Apply)</p> <p>CO4- Utilize knowledge in knowing self and others and improve relationship with others(BL4-Analyze)</p> <p>CO5- Provide care to patients with personality disorders by emphasizing on respecting individual culture and spiritual needs(BL5-Evaluate)</p>				
Courses Elements	Skill Development X Entrepreneurship X Employability ✓ Professional Ethics X Gender X Human Values X Environment X	SDG (Goals)	SDG4(Quality education) SDG5(Gender equality) SDG8(Decent work and economic growth)		

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Part B

Units	Contents	Pedagogy	Hours
Unit 1	Introduction to personality development □ Definitions □ Components of personality □ Importance of personality in achieving goals and success in life □ Factors influencing personality development □ Biological factors □ Environmental factors □ Nature vs Nurture concept in personality development	Lecture cum discussion & Group Discussion	2
Unit 2	Stages and theories of personality development □ Development of personality from infancy to late adulthood □ Theories of personality development □ Psychoanalytic theory □ Psychosocial theory □ Trait and type theories of personality □ Humanistic approaches to personality □ Learning theories of personality	Lecture cum discussion, Role Play & Group Discussion	5
Unit 3	Assessment of personality □ Types of personalities □ Personality changes due to illness □ Personality assessment	Lecture cum discussion & Group Discussion	3
Unit 4	Personality and career success □ Role of personality and career success □ Methods of changing personality traits □ Personal growth and self-efficacy □ Personality characteristics required for a nurse □ Nursing implications of personality	Lecture cum discussion & Group Discussion	5
Unit 5	Personality disorders □ Definition □ Types □ Signs and symptoms □ Medical management □ Nursing management □ Psycho-social therapies	Lecture cum discussion & Group Discussion	5

Part C

Modules	Title	Indicative-ABCA/PBL/ Experiments/Field work/ Internships	Bloom's Level	Hours
Unit 1	Nature vs Nurture concept in personality development	Role Play	BL3-Apply	1
Unit 2	Humanistic approaches to personality	Role Play	BL3-Apply	1
Unit 3	Role of personality and career success	Case Study	BL4-Analyze	2

h Nature Nurture Concept in Personality Development Unit 1 1 hour

Dr. Omveer Singh
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 REGISTRAR
 ITM University
 Gwalior (M.P.)

