**lsesLVj I**

**ch-,- I**

**euksfoKku**

**izkjafHkd euksoSKfud izfØ;k,a**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

ifjp; & euksfoKku dh ifjHkk"kk ,oa y{;]

euksfoKku v/;;u dh fof/k;kWa & vFkZ] ifjHkk"kk] fo'ks"krk,a] izdkj] vkykspuk

iz;ksxkRed] izs{k.k] lk{kkRdkj] iz'ukoyh] O;fDrd&v/;;u

**bZdkbZ&2**

***e*kufld *izfØ*;k,a**

**Lakosnuk** & vFkZ] izeq[k laosnuk,a - (izkjafHkd ifjp; **–** visual, auditory, touch,

 olfactory, taste.

**izR;{khdj.k** & vFkZ] fo'ks"krk,a]fu/kkZjd

**vo/kku** & ifjHkk"kk] fo'ks"krk,a] izdkj] vkRefu"B ,oa oLrqfu"B fu/kkZjd

**Le`fr** & vFkZ] ifjHkk"kk]

**Le`fr dh izdkj**& laosnh] vYidkyhu Le`fr]nhkZ>kZdkyhu Le`fr & vFkZ]LkkekU;Lo:i

**bZdkbZ&3**

**O;ogkj ds tSfod vk/kkj** &

thUl ,oa O;ogkj]

Luk;q&ra= & foHkktu] cukoV ,oa dk;Z]

dsfUnz; raf=dk ra= & es:jTtw] efLr"d

Lopkfyr raf=dk ra= & vuqdEih ,oa lkuqdEih

Ikjh/kh; raf=dk ra= & dikfy; rfU=dk,a] jh<+ rafU=dk,a] vUr% L=koh xzafFk;kWa

**bZdkbZ&4**

**Lakosx**& vFkZ]Lakosx dsrRo] Lakosx dh fo'ks"krk,] Lakosx dh vfHkV;fDr

**izsj.kk &** vFkZ] Lo:i] izdkj& tSfod] lkekftd

**bZdkbZ&5**

**iz;qqDr euksfoKku&** vFkZ ,oa ’kk[kk,a**&**

 1. Clinical psychology

 2. Community psychology

 3. Counseling psychology

 4. School psychology

 5. Industrial psychology

 6. Organisational psychology

 7. Military psychology

**iqLrdsa&**

flag] v:.k dqekj] lkekU; euksfoKku]

mPprj lkekU; euksfoKku] cukjlh nkl izdk'kuA

vk/kqfud lkekU; euksfoKku oekZ] izhfrA

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**ch-,- I**

**lsesLVj II**

**euksfoÑfr foKku**

**iz'u i=& II**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

**ifjp; &** **lkekU;rk ,oa vlekU;rk &** leizR;;] vFkZ] ifjHkk"kk ,oa fo'ks"krk,Wa

vlekU; O;ogkj dk bfrgkl ]vlekU; O;ogkj ds dkj.k]

**bZdkbZ & 2**

 **Minor Psychological disorder-**

**(fpark foÑfr;kWa)** **&** vFkZ]y{k.k

**izdkj &**

Hkhf"kdk foÑfr] nqHkhZfr] euksxzfLr&ck/;rk foÑfr]

euksfoPNsnfoÑfr& vFkZ] y{k.k]

**bZdkbZ&3**

**Major Psychological disorder (lk;dksfll)**

euksn'kk foÑfr & vFkZ] y{k.k]

euksn'kk foÑfr ds izdkj & ,d /kqzoh;] f}&/kqzoh; & y{k.k

fLFkj O;keksgh] foÑfr & y{k.k] izdkj

euksfonkfyrk& y{k.k] vk;ke ,oa izdkj

**bZdkbZ&4**

**Developmental disorder**& **Meaning** & **Types**

* ADHD
* Autism spectrum disorder
* Intellectual disability
* Specific learning disorder

**bZdkbZ&5**

**euksfoÑfr foKku dk O;LFkkiu** % **(Management of abnormal behavior)**

**ruko O;LFkkiu** & vFkZ] izfrfØ;k,a] dkj.k] ruko dks de djus ds mik;]

**euksfpfdRlk** & euksfpfdRlkdk vFkZ]

**euksfpfdRlk dk izdkj**& euksfo'ys"k.k fpfdRlk] tSfod fpfdRlk ]vk>kkr fpdRlk] O;ogkfjd fpfdRlk alternative therapy :- Yoga and meditation.

**iqLrdsa&**

flag] ykHk rFkk frokjh] xksofUn] vlkekU; euksfoKku] fouksn iqLrd HkaMkj] vkxjk dfiy] ,-ds-] vlkekU; euksfoKku gjizlkn HkkxZo] vkxjkA

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vk/kqfud vlkekU; euksfoKku & v:.k dqekj flag

vlkekU; euksfoKku & Mh-,u- JhokLro

**ch-,- I**

**lsesLVj I**

**iz'u i=& III**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**vad forj.k%&**

1- ijh{kk Hkou esa ,d iz;ksx ys[ku & 10

2- ijh{kk Hkou esa ,d ijh{k.k ys[ku & 10

3- izk;ksfxd dkih & 10

4- ekSf[kd ijh{kk & 10

5- thou o`Rrkar fof/k ¼ifj;kstuk dk;Z½ & 10

**iz;ksx dksbZ & pkj**

1- izR;{khdj.k ij ekufld rRijrk dk izHkko

2- izR;{khdj.k esa dqaBk dh Hkwfedk

3- /;ku foHkktu

4- Øfed lh[kuk fof/k

5- i`"BksUeq[k vojks/k

6- vYidkyhu Le`fr

7- lEizR;; fuekZ.k

8- eq[kkÑfr ifjorZu ns[kdj laosx dh igpku

**ijh{k.k dksbZ & pkj**

1- 'kkfCnd@v'kkfCnd cqf) ijh{k.k

2- O;fDrRo ijh{k.k

3- fpark ijh{k.k

4- fo"kkn ijh{k.k

5- lek;kstu ijh{k.k

6- miyfC/k vfHkizsj.kk

7- ruko&lgu 'khyrk ijh{k.k

 thou o`Rrkar fof/k & euksoSKkfud n`f"V ls ekuo O;ogkj dk v/;;u

**ch-,- II**

**lsesLVj III**

**lekt euksfoKku**

**iz'u i=& III**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

lekt euksfoKku & Lo:i] y{;] {ks=]

lekt euksfoKku dh fof/k;kWa & iz;ksxkRed] izs{k.k] lektfefr ¼vFkZ] izdkj] fo'ks"krk,a] xq.k ,oa nks"k½

**bZdkbZ & 2**

**lkekftd laKku (Social Cognition) &** lkekftd laKku D;k gS

**izdkj&**

1-eukso`fRr **&** vFkZ] fo'ks"krk,a]ABC ekMy Lo izR;{khdj.k ,oa fu/kkZjd]

2-Nfo fuekZ.k ;k O;fDr izR;{khdj.k **&** vFkZ vkSj mlds fu/kkZjd]

3-xq.kkjksi.k**&** vFkZ vkSj xq.kkjksi.k dk dkj.k **&**

1.Dispositional

2.Situational

**bZdkbZ&3**

lkekftd izHkko'khyrk& lkekftd izHkko’khyrk D;k gS

lkekftd izHkko’khyrk ds izdkj& 1- vuq:irk 2- vuqikyu 3- vkKkdkfjrk ¼vFkZ ,oa lkekU; Lo:i½

**bZdkbZ&4**

:f<+;qfDr & vFkZ] fu/kkZjd]

iwokZxzg & vFkZ] fu/kkZjd

vUrO;SfDr vkd"kZ.k & vFkZ] fu/kkZjd

**bZdkbZ&5**

lewg& lewg D;k gS] lewg&lajpuk ,oa dk;Z

vkØkedrk & vFkZ] fu/kkZjd] jksdFkke(Control of aggression) ,oa mdlkus okys

dkjd

ijksidkjh O;ogkj & vFkZ] fu/kkZjd & ifjfLFkfrtU;] lkekftd] O;fDrijd]

**iqLrdsa&**

flag] v:.k dqekj & lekt euksfoKku dh :ijs[kk] eksrhyky cukjlh nkl izdk'ku

feJk] th tSu & lekt euksfoKku ds ewy vk/kkj e-iz- fgUnh xzaFk vdkneh

f=ikBh yky cpu & lekt euksfoKku dh :ijs[kk gj izlkn HkkxZo vkxjk

Boron R.A.Byrno – Sodiol Psychology New Delhi Prentice Hall Secord B.F. and B

**ch-,- II**

**lsesLVj IV**

**euksoSKkfud & fu/kkZj.k**

**iz'u i=& IV**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

euksoSKkfud fu/kkZjd & vFkZ] euksoSKkfud vkSj HkkSfrd ekiu esa varj]

ekiu ds Lrj] euksoSKkfud ekiu esa leL;k,a] ,d foek vkSj f} foek fu/kkZj.kA

**bZdkbZ & 2**

euksoSKkfud ijh{k.k & vFkZ] fo'ks"krk,a] izdkj ekudhÑr ,oa vekudhÑr ijh{k.k] lewg ijh{k.k] O;fDrxr ,oa fu"iknu ijh{k.kl] euksoSKkfud ijh{k.k dh mi;ksfxrkA

**bZdkbZ& 3**

ijh{k.k jpuk & ijh{k.k fuekZ.k ds pj.k]

fo'oluh;rk & vFkZ] v)Z&foPNsn fof/k] ijh{k.k&iquoZjh{k.k fof/k]

fo'oluh;rk dks izHkkfor djus okys dkjd

oS/krk & vFkZ] fo"k;&oLrq oS/krk] iwoZdFku oS/krk]

ekud & vFkZ] vk;q ekud] xzsM ekud

**bZdkbZ& 4**

laKkukRed ijh{k.k & vFkZ vkSj ekiu] cqf)] vfHk{kerk]

vlaKkukRed ijh{k.k & vFkZ ,oa ekiu] O;fDrRo] :fp] ewY; ijh{k.k

**bZdkbZ& 5**

euksoSKkfud ijh{k.kksa dh O;ogkfjd mi;ksfxrk f'k{kk] O;olk;] lekt] LokLF;] laxBu] euksoSKkfud ijh{k.kksa ds lkekftd lkaLÑfrd dkjdA

**iqLrdsa&**

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vk/kqfud euksoSKkfud ewY;kadu] 'kkjnk iqLrd Hkouvk/kqfud euksoSKkfud fu/kkZj.k **&** Mh-,u- JhokLro

**ch-,- II**

**lsesLVj IV**

**euksfoKku izk;ksfxd**

**le;& 3 ?kaVk vf/kdre vad 50**

**vad forj.k%&**

1- ijh{kk Hkou esa ,d iz;ksx ys[ku & 10

2- ijh{kk Hkou esa ,d ijh{k.k ys[ku & 10

3- izk;ksfxd dkih & 10

4- ekSf[kd ijh{kk & 10

5- ifj;kstuk dk;Z & 10

**iz;ksx dksbZ & pkj**

1- lkekftd lgthdj.k

2- lektfefr

3- :f<+;qDr

4- O;fDr izR;{khdj.k ij lwpuk Øe dk izHkko

5- fu"iknu ij usr`Ro izHkko

6- lwpuk nkrk dh egRrk dk izHkko

7- eukso`fRr&ifjorZu esa laKku dh Hkwfedk

8- er&ifjorZu esa lewg fu.kZ; dk izHkko

**ijh{k.k dksbZ & pkj**

1- vkØkedrk

2- opu

3- vkRe&izR;;

4- fuHkZjrk ekiuh

5- ewY;

6- O;olkf;d :fp

7- eukso`fRr ifjorZu

8- jpukRedrk

**ifj;kstuk dk;Z&**

 vLirky] m|ksx] laxBu] 'kSf{kd laLFkk bR;kfn dk euksoSKfud n`f"V ls v/;;u vkSj oLrqfu"B izfrosnu rS;kj djukA

**lsesLVj** V

**p;u vk/kkfjr lk[k iz.kkyh**

**iz'u i=** & V (1)

**fodklkRed euksfoKku &1**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

fodklkRed euksfoKku dk Lo:i {ks=]

fodkl dh voLFkk,a ,oa fu;e]

fodkl dks izHkkfor djus okys dkjd& vuqokaf'kdrk] okrkoj.k] O;fDrxr fHkUurkA

**bZdkbZ & 2**

xHkZLFk f'k'kq dk 'kkjhfjd fodkl]

uotkr f'k'kq & fo'ks"krk,a] 'kkjhfjd ,oa KkukRed fodkl]

cpiukoLFkk & fo'ks"krk,a] 'kkjhfjd] laosxkRed ,oa Hkk"kk fodklA

**bZdkbZ&3**

iwoZ ,oa mRrj ckY;koLFkk& fo'ks"krk,a] 'kkjhfjd dkS'ky] Hkk"kk fodkl] laosxkRed fodkl] lkekftd fodkl] [ksyA

**bZdkbZ&4**

iwoZ ,oa mRrj fd'kksjkoLFkk & fo'ks"krk] 'kkjhfjd fodkl] laosxkRed fodkl] lkekftd fodkl] uSfrd fodkl] dkeqd fodkl A

**bZdkbZ&5**

izkS<+koLFkk & vFkZ] 'kkjhfjd fodkl] laKkukRed fodkl ,oa eukslkekftd fodkl]

e/;koLFkk & vFkZ] fo'ks"krk,a] fodklkRed dkS'ky]

o`)koLFkk & vFkZ] fo'ks"krk,a] :fp ifjorZu] 'kkjhfjd ,oa lkekftd ifjorZuA

**iqLrdsa&**

gjykWd] ,fytkcsFk] fodklkRed euksfoKkuA

oekZ] izhfr] fodklkRed euksfoKkuA

;ksxsUnzthr] HkkbZ] fodklkRed euksfoKkuA

HkkxZo] mik] fd'kksj euksfoKku

HkVukxj] lqjs'k] cky fodkl ,oa cky euksfoKku

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**lsesLVj** V

**p;u vk/kkfjr lk[k iz.kkyh**

**iz'u i= &** V (2)

**fodklkRed euksfoKku &2**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

ckY;koLFkk dh leL;k,Wa ,oa lek;kstu]

fd'kksjkoLFkk dh leL;k,Wa ,oa lek;kstuA

**bZdkbZ & 2**

izkS<+koLFkk dh O;fDrxr ,oa lkekftd ck/kk,a]

O;olkf;d lek;kstu] oSokfgd leL;k,Wa ,oa lek;kstu] oSokfgd lek;kstu dk ewY;kadu]

,dkdhiu ls ck/kk,a ,oa lek;kstu] O;olkf;d lek;kstu esa ck/kk,a ,oa lek;kstu]

**bZdkbZ&3**

e/;koLFkk esa gksus okys 'kkjhfjd ifjorZuksa dk lek;kstu]

'kkjhfjd ifjorZuksa ls gq, lek;kstu dk ewY;kadu] ekufld ifjorZu ls lek;kstu]

Lkekftd lek;kstu] O;fDrxr vkSj lkekftd ck/kk,a ,oa lek;kstuA

**bZdkbZ&4**

O;olkf;d lek;kstu] u;s ikfjokfjd <kaps ls le;kstu] ,dkdhiu lek;kstu] thoulkFkh ls fcNksg] lsokfuo`fRr] o`)koLFkk ls lek;kstu] O;olkf;d ck/kk,a] oSokfgd ck/kk,a] e/;koLFk lek;kstu ewY;kadu

**bZdkbZ&5**

o`)koLFk dh lkekftd vkSj O;fDrxr ck/kk,a ,oa lek;kstu] O;olkf;d ck/kk,a ,oa lek;kstu] lsokfuo`fRr lek;kstu] ikfjokfjd thou esa gq, ifjorZu ls lek;kstu] thou lkFkh {kfr] vkokl&fuokl O;oLFkk] o`)koLFkk lek;kstu ewY;kaduA

**iqLrdsa&**

gjykWd] ,fytkcsFk] fodklkRed euksfoKkuA

oekZ] izhfr] fodklkRed euksfoKkuA

;ksxsUnzthr] HkkbZ] fodklkRed euksfoKkuA

HkkxZo] mik] fd'kksj euksfoKku

HkVukxj] lqjs'k] cky fodkl ,oa cky euksfoKku

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**lsesLVj** VI

**iz'u i=** & VI

**euksoSKkfud lkaf[;dh**

**le;& 2-30 ?kaVk vf/kdre vad 60**

**bZdkbZ & 1**

lkaf[;dh & vFkZ] mi;ksx] izkpfyd ,oa vizkpfyd lkaf[;dh]

izkIrkadks dh izÑfr & lrr] vlrr~] ewy ekud] okLrfod izkIrkadA

ckjEckjrk forj.k]

vkjs[kh; izLrqrhdj.k&vFkZ] ckjEckjrk&cgqeq[k n.M&vkjs[k] vk;r&fp=] lap;h ckjEckjrk oØ] o`Rr fp=A

**bZdkbZ & 2**

dsfUnz; izo`fRr ds eki & vFkZ] mi;ksx] e/;eku] e/;kad] cgqykad] ¼lewfgr ,oa vlewfgr vkadMs+½]

fopyu'khyrk dk mi;ksx & vFkZ] mi;ksx] izlkj] prqFkZd fopyu] vkSlr ,oa izekf.kd fopyuA

**bZdkbZ&3**

laHkkouk& vFkZ] fl)kar] izes;] lkekU; laHkkouk oØ %& vFkZ] fo'ks"krk,a ,oa foÑfr& dqdqnrk] fo"kerk]

lg&laca/k & vFkZ] izdkj ,oa fof/k;ka & dksfV&varj fof/k] vk?kw.kZ fof/k] f}iafDrd lg&laca/k] VsVªkdksfjd ¼prq"dks"Bh; lg&laca/k½

**bZdkbZ&4**

vkuqekfud lkaf[;dh & 'kwU; ifjdYiuk] lkFkZdrk Lrj] =qfV&I ,oa =qfV &II, ‘t’- vFkZ] mi;ksx ¼vlacaf/kr iznRr½

**bZdkbZ&5**

lkaf[;dh forj.k & dkbZ&oxZ ijh{k.k] fpUg ijh{k.k] e/;kad ijh{kd] euksfoKku dk lkaf[;dh esa mi;ksxA

**iqLrdsa&**

dfiy ,l-ds-& lkaf[;dh ds ewy rRo

xSjsV & euksfoKku ,oa f'k{kk esa lkaf[;dh

euksfoKku vksj lekt'kkL= esa lkaf[;dh & eksgEen lqyseku

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**lsesLVj** VI

**iz'u i=** & VI

**euksfoKku ¼izk;ksfxd½**

**le;& 3 ?kaVk vf/kdre vad 50**

**vad forj.k%&**

1- ijh{kk Hkou esa ,d iz;ksx dk laiknu & 10

2- ijh{kk Hkou esa ,d ijh{k.k dk laiknu & 10

3- iz;ksfxd QkbZy & 10

4- ekSf[kd ijh{kk & 10

5- ifj;kstuk dk;Z & 10

**d & iz;ksx & ¼dksbZ pkj½**

1- xgjkbZ izR;{khdj.k

2- vf/kxe ij dqaBk dk izHkko

3- izfrfØ;k dky

4- fu"iknu ij ekufld Fkdku dk izHkko

5- vknr ck/kk

6- Hkze ekiu

7- ?kukRed LFkkukarj.k

**[k & ijh{k.k ¼dksbZ&pkj½**

1- vkdka{kk & Lrj

2- funsZ'ku dh vko';drk

3- ifjiDork ekiuh

4- eukso`fRr ekiuh

5- d{kk okrkoj.k ekiuh

6- ekufld LokLF;

7- ikfjokfjd okrkoj.k

8- uSfrd ewY;

**x &** euksfoKku foHkkx ds ekxZn'kZu esa vLirky] m|ksx] 'kS{kf.kd laLFkk dk euksoSKkfud n`f"V ls voyksdu dj ,d oLrqfu"B v/;;u djukA