



2.5.1 - Mechanism of internal assessment is transparent and robust in terms of frequency and mode.

IA criteria in Courseplan

IA criteria has mentioned in detail in each course plan by the subject teachers. Please find below.

Internal Assessment

Criteria 1: Class Test-Open Book Test -5 marks

Teacher-In-charge: Dr. Elizabeth Jannine & Mrs. Ann Anna Piesa

Description of the Assignment Activity: Written Assignment -Open Book Test:

- . Each student will be assigned a 14 mark question, and she'be has to answer the question given by referring to the books notes during the class hour. Duration of the test 45 minutes.
- Question will be announced prior, and it will be many type question
- · You need to keep your reference materials ready for answering the question in the
- · class. Use of ordine resources or gadgets not permitted.
- · Each student has to write their answers independently, discussion or exchange of
- · materials not permitted during the test.
- · Answers have to be hand-written. Submission of hardropy in person.
- Criteria for evaluation of OBTs (1) Introduction -3 marks, (2) Content coverage- 6 marks, (3) Armlysis and conclusion on the topic - 3 marks, (4) use of credible source and the references- 2 marks. Total= 14 marks, will be converted to 5 marks
- · Date of Open Book Test: 29th November 2023 (Wednesday)

Criteria 2: Group Activity-Presentation of research proposals (10 Marks)

Teacher-In-charge: Dr. Elizabeth Jasmins and Mrs. Ann Anna Prosa

Description of the Assignment/activity: Each Class will be divided into 10 groups of 5-6 members. Each group has to develop a research proposal in the prescribed format using Quantizative Research Methods. The proposals have to be presented in class followed by submission of the one hard copy per group.

Evaluation Criteria & Format of Report: Introduction-10. ROL-10. Methodology-20. Group work (Peer evaluation)-10; Max. Marks: 50 will be reduced to 10 thereafter Deadline: January 2024

Component 2: 15 Marks

Criterion 1: Attendance - 5 marks

- . 75% attendance without any classis is mandatory for securing attendance marks.
- · Marks will be distributed as per the common criteria. The candidate securing 75% attendance would be assigned with I mark and candidate with 90% attendance and above would be assigned 5 marks.

Criteria 2. Pre-Final Examination (10 Marks)

Guidelines: The pattern of Question paper will be the same as the university end semester final

Evaluation Criteria: Total 5 questions for 70 Marks. Each question is for 14 marks.

Beadline; Towards the end of the semester

General Guidelines for all classes:

- 1. Students are expected to be regular and punctual to classes.
- 2. Students arriving late will not be given attendance (continuency exemption of 1 or 2 times per student in a semester will be provided for 5 minutes delay.)
- 3. Absentees of one class will have to come prepared for the subsequent classes by completing the expected work/ learning the portions covered and summarizing the same in the next
- 4. Extension of deatline for assignment submission will not be permitted.
- Students are free to contact the teachers to seek clarification of doubts during class hours, or in person, or through official mail or through Google chat.
- 6. Concerns, doubts or grievances if any can be brought to the notice of the teacher individually

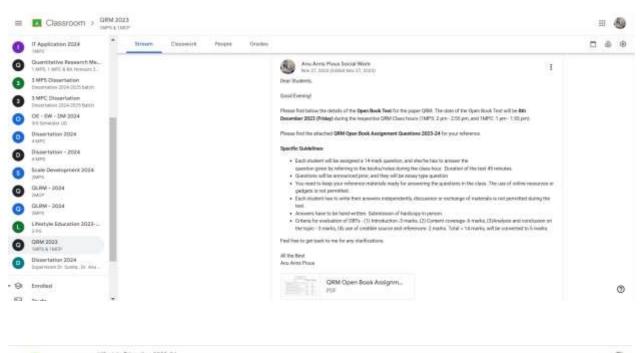
Feel free to contact us for any further clarifications:

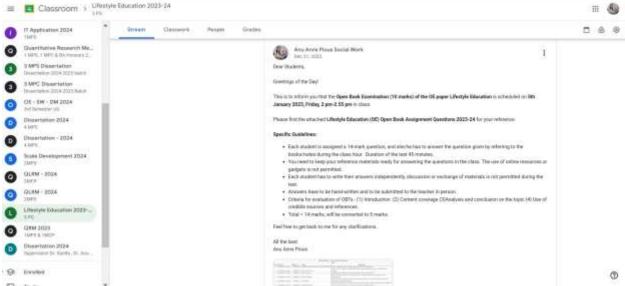
Name of the teachers and email ids:

Dr. Elizabeth Jasmine: elizabeth jumineillige in Mrs. Ann Anns Pieus: ann annspious@firp.in

Open-book tests, group assignments, and pre-final examinations

INDIAN INSTITUTE OF





Sample question paper and scheme of evaluation

Pre-final Question Paper (Sample)



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INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH (IIPR), BANGALORE

COURSE: M.Sc. Psychology / M.Sc. Counselling Psychology PRE-FINAL EXAMINATIONS - MARCH 2024 Subject: OE-Lifestyle Education

Semester: III Duration: 3 hours

Total Marks: 70

PART - A

I. Answer any five questions. All questions carry equal marks. Answer to each question should not exceed 300 words.

(5x5=25)

- 1. Define life skills.
- 2. Define the concept of self-awareness.
- 3. Differentiate motivation, needs and wants.
- 4. Define work-life balance?
- 5. Briefly explain the concept of self-presentation in relation to employability.
- 6. Write a short note on obesity as lifestyle related diseases.
- 7. Define and briefly explain the term study habits.
- Define social well-being and mention its importance with respect to lifestyle management.

PART - B

II. Answer any three questions. All questions carry equal marks. Answer to each question should not exceed 600 words. (3x10=30)

- 9. What is SWOT analysis. Explain the process and application of SWOT analysis.
- 10. Explain the various employability attributes and skills.
- 11. Define health and environment. Explain the relationship between environment and health.?
- 12. Explain the role of decision making in a student life. What are the factors influencing the same?
- 13. Define Coping and explain the role of coping strategies in lifestyle management.

SECTION C

III. Compulsory question. Answer to question should not exceed 900 words. (1x15=15)

 Define Lifestyle Management? Explain the various means of lifestyle management in detail.

Scheme of Evaluation (Sample)

College Affiliated to Bengaluru City University





INDIAN INSTITUTE OF PSYCHOLOGY AND RESEARCH (IIPR), BANGALORE COURSE: M.Sc. Psychology / M.Sc. Counselling Psychology PRE-FINAL EXAMINATIONS - MARCH 2024

Subject: OE-Lifertyle Educati

Semester: III

ne 3 hor Total Marks: 70

SCHEME OF EVALUATION PART-A

L Amover any five questions. All questions carry equal marks. Amover to each quest thould not exceed 300 words. (545-25)

1. Define life skills

Ass. Life skills are defined as "a group of psychosocial competencies and interpersonal skills that bely people make informed decisions, solve problems, think critically and creatively. communicate effectively, bold healthy relationships, empathize with others, and cope with and manage their lives as a healthy and productive manner. Life shills may be directed toward personnel actions or actions toward others, as well as toward actions to change the carroonshing. environment to make it conductive to health." according to World Health Organization (WHO) livering the WHO definition in mind, the Basic Life Skills curriculous offers youth the plearing the retro declarace is made, as some consistency and the retro declarace in the re instice has defined life skills as. "the abilities for adaptive and positive behavious that enable individuals to deal effectively with the demands and challenges of everyday life

UNICEF defines life skills as "a behaviors change or behavior development approach designed to address a balance of three areas: knowledge, attitude and skills". The UNICEF definition is based on research evidence that negacite that shifts in rodey behaviour are includely of knowledge, attitude and skills-based competency are not addressed. Lift-dolls are essentially those shiftines that help promote mental well-being and competence in young people as they fine the resistent of life. According to UNICEF, UNESCO, and WHO there are ten core Life Solls as:

- Self-awareness Critical thinking
- Country thinking
- Decision makin
- Effective com-
- Interpenoral relationship
- Coping with stress
- 10. Coping with emotion
- ii) Safety needs are about putting a roof over our heads and keeping to from here. If we are rich, strong and powerful, or have good fireads, we can make ownerives safe. Belonging needs anyoduce our tribul auture. If we are helpful and kind to others they
- will went us as friends
- Extens needs are for a higher position within a group. If people respect us, we have
- greater power.

 Self-actualisation needs are to 'become what we are capable of becoming', which would be our greatest achievement.

Wants, in contrast to needs, represent desires and preferences beyond the basic necessities required the nervival. Wants are influenced by societal, caltural, and individual factors, shaping our preferences and organizations. These desires often encompant namerial ions, becare menus, experiences, and entertaignment. Wants view from person to person and are subject to personal taste, lifestyle, and affordability

Motive is an impulse that acts as an increased to action. Motives are factors within a human being or amount that arcuses and direct scal, prisoned behaviour. Motivation has long been a central subject of study in psychology.

Motivation is defined as the psychological process that satisfies, guide, and maintains goal oriented behavior. In the world of business and leadership, effectively motivating employees is one of an exacutive's most agraficant shallenger. It can be intrusted motivation or extrinsic motivation.

4. Define work-life balance?

Ans. It is the division of one's time and from between working and family or betwee activities, work-life balances involves the manuscration of work-cultied stream, and the establishing of a stable and outstandble way to work while maintaining health and general well-being, work-life balance is the shallery to accomplish the grain set as both work and personal life and achieve netrifiction in all life domains. Other defeations raggers that the term halance singless equal engagement in and satisfaction with work and personal life roles. Still other defeations include the also that balance in (1) indicative of the absence of conflict between work and personal life.
(2) as shownerable construct, or (3) a social construct built between an infernitual and others in his or her work and personal life domains. Some means here focus exclusively on balance between work and family roles, but more secent research and practice strongly suggests that ther nontrody roles outside of flamily should be included in the rese

6 composeens of WLII

- Self-manapement
 Time Management
- 3. Swen Management

2. Define the concept of self-awareness,

Ans, Self-awareness is the ability of one person to perceive and understand the things that make him her who he the is se an individual. It includes his her personality, actions, values, beliefs, emotions, and thoughts. It is the knowledge of self in three basic areas: cognitive, physical, and emotional. It is the shiftly to recognize one's own feelings, behaviors, and aracteristics. Being self-ensure can help anyone to take better care of himself, have deeper relationships, and live a more fulfilling life

- The skills of knowing and living with oneself
- this there covers topics that fisher the one's militionship and understanding of themselves such diag their thoughts, freings and behinners

3. Differentiate motivation, needs and wants

Age: Lifestyle is a composite of autivations, needs, and wents and is influenced by factors such as culture, family, reference groups, and social class

- · Needs basic requirements for life that include fixed, water, shelter, and sleep
- . Wants are desired that would satisfy people but they're not necessary to live.
- · Motives are the reasons for why people do things.

A need is something that is necessary for organisms to live a healthy life. Needs are distinguished from contributions a deficiency would cause a close negative outcome, such as dysfunction or death. Needs can be objective and physical, such as flood and water, or they can be adjustive and psychological, such as the need for self-entees. Needs we constrong you fulfill became you have to. They are busic and quate other particulation.

To most psychologists, seed is a psychological feature that arouses an organism to action toward a goot and the reason for that action, priving perpose and direction to <u>legislation</u>. Alreation blashow in his hierarchical model of needs proposed that people have a hierarchy of psychological useds, which same from occurity to self-actualization. One of the problems with a psychological theory of needs to that conceptions of "need" may vary radically between different cultures or different parts of the same society.

There are a number of theories and models of sweds that have been proposed, including: Markon's hierarchy of needs Markon's hierarchy of needs is a theory in psychology, proposed by Abraham Markon. Markon's hierarchy of needs is often portuyed in the shape of a pyramid, with the largest and lowest levels of needs at the bottom, and the need for peffectualisation at the

The five needs

- Physiological needs are to do with the minutesance of the human body. If we are unwell, then little else matters until we recover
- 1. Managing Technology
- 6. Managing Leaves Time

The four densessions include Work Interference with Personal Life (WIPL), Personal Life Interference with Work (PLIW), Personal Life Enhancement of Work (PLEW) and Work Enhancement of Personal Life (WEPL)

5. Briefly explain the concept of self-presentation in relation to employability.

Am. It refers how you present yourself in everyday situations

- · Behavior or action made with the intention to influence or change how other people see
- · Personal appearance such as clothing firms, hauntyle, Tattoos and Pennings etc.
- Self-presentation in the workplace settings should be professional Reasons for Self-presentation in the workplace settings should be professional
- It increases the shifty of the employee to influence costoners communer clients It provides a representation of the brand or an organization
- It recreases the likelihood of building and enhancing the long-lasting relationship. It influence the impression of the organization management employee about the
- 5. It is fluences the impression of other beneficiaries of the organization company about the

Areas to be consider for good self-presentation

- 1. Self-extrem and confidence
- Аррентики
- 3. Non-verbal communication
- Verbal Core
- Behaviore

6. Write a short note on obesity as lifestyle related diseases.

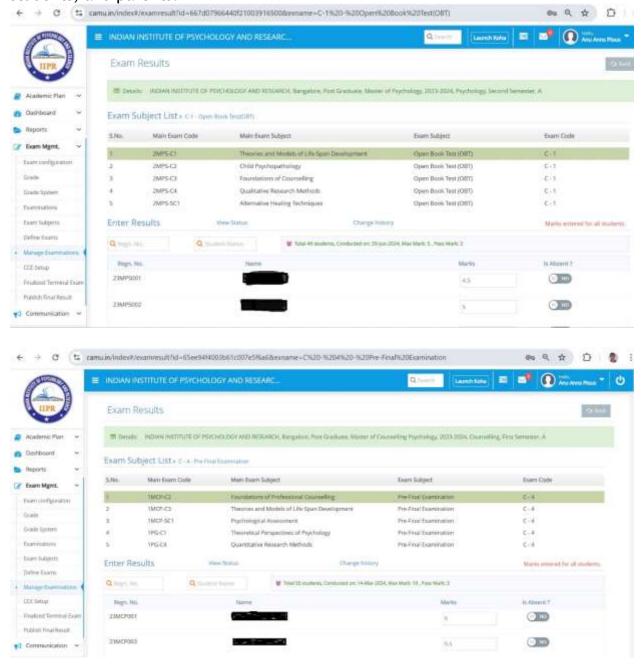
Overweight and obesity are defined as absorpted or excessive fix accumulation that presents a risk to beath. A body must index (SSE) over 25 is considered overweight, and over 36 is obese 1a 2019, an estatated 5 million concommunicable disease (NCD) deaths were caused by higher-than-optimal BML Rates of overweight and obesity continue to give in which and children. These discusses are doven by fivous that include caped suglarated urbanization, globalization of unbankthy lifestyles and population uping.

Factors influencing obesity



Updating the IA marks in the Institutional ERP platform

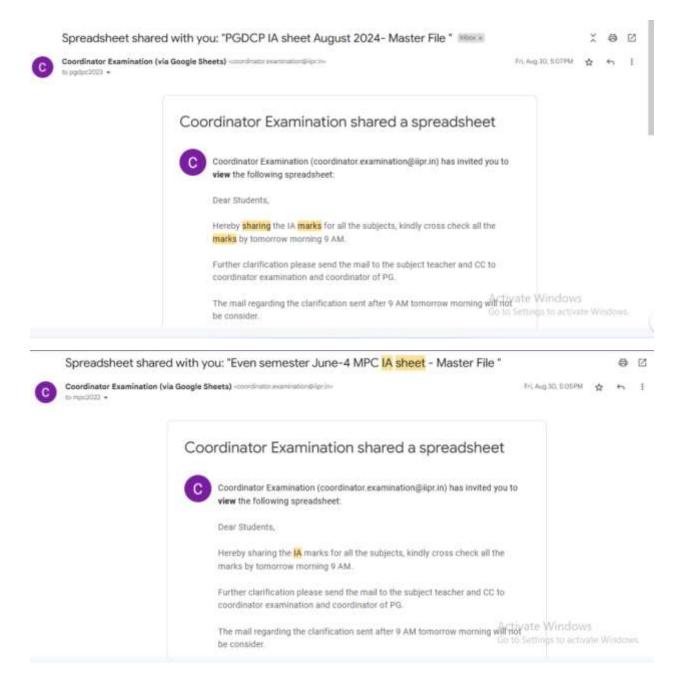
The institution is using the ERP platform Camu to ensure transparency in the Internal Assessment Process for all batches. The IA marks and the criteria for all components in each paper are displayed in Camu and accessible to teachers, students, and parents.







Sharing Consolidated IA marks to Students Through Google Spreadsheet





① 080 41217484 / 7022619130 🔀 contact@ipr.in @www@ipr.in

Email with parents regarding the poor performance and frequent absenteeism of students.



Dear Anshita

With regard to your attendance status at the end of the semester, I hope you are aware(through the CAMU app provided to you and your parents) that your attendance falls short of the required 75% attendance in every subject.

We are extremely saddened to know that despite day to day attendance information being provided to you and your parents on your phones, multiple rounds of mentoring and counselling provided by class mentors/faculty and undertakings that you were made to sign, etc., you have not been regular to college and thus not met the requirements of minimum attendance and internal assessment.

Therefore we have been directed by the Principal to inform you that you will not be permitted to appear for exams in the following subjects in the upcoming university examination—

- f. Theories of Models of Life-sapn development 68%
- 2. Child Psychopathology 66%

This option of subject detention instead of semester detention has been exercised with the hope that you will never again have a shortage of attendance in any of the future semesters. In case if the same is repeated, semester detention will be exercised in the next semester.

For any further clarification, kindly get in touch with the Class Teachers and Office of admissions.

to Co-ordinator, Principal, Coordinator, Corrdinator, bcc: Coordinator, bcc: office examinations, bcc: ANSHITA +

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Regarding the shortage of attendance



Nethravathi R Psychology methravathi relipcin-

to Co-ordinator, Principal, Corrdinator, Coordinator, Coordinator, Smita, boc: office.examinations, boc: NRIKA .

Dear Nirika Marak.

With regard to your attendance status at the end of the semester, I hope you are aware(through the CAMU app provided to you and your parents) that your attendance falls short of the required 75% attendance in every subject.

We are extremely saddened to know that despite day to day attendance information being provided to you and your parents on your phones, multiple rounds of mentoring and counselling provided by class mentors/faculty and undertakings that you were made to sign, etc., you have not been regular to college and thus not met the requirements of minimum attendance and internal assessment.

Therefore we have been directed by the Principal to inform you that you will not be permitted to appear for exams in the following subjects in the upcoming university examination-

1. IT application practical - 65%

This option of subject detention instead of semester detention has been exercised with the hope that you will never again have a shortage of attendance in any of the future semesters. In case if the same is repeated, semester detention will be exercised in the next semester.

For any further clarification, kindly get in touch with the Class Teachers and Office of admissions.

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#85, St. Anthony's Friary, Madivala, Hosur Main Road, Bengaluru - 560095





Regarding your shortage of Attendance





Nethravathi R Psychology and variable prins

to Co-ordinator, Principal, Coordinator, Corrdinator, boc: office examinations, boc: Coordinator, boc: afreen Ahan +

Wed, Oct 4, 2023, 10:47 AM ☆ ↔ 1



Dear Afreen.

With regard to your attendance status at the end of the semester, I hope you are aware (through the CAMU app provided to you and your parents) that your attendance falls short of the required 75% attendance in every subject.

We are extremely saddened to know that despite day to day attendance information being provided to you and your parents on your phones, multiple rounds of mentoring and counselling provided by class mentors/facuity and undertakings that you were made to sign, etc., you have not been regular to college and thus not met the requirements of minimum attendance and internal assessment.

Therefore we have been directed by the Principal to inform you that you will not be permitted to appear for exams in the following subjects in the upcoming university examination-

- 1. Theories of Models of Life-span development 70%
- 2. Child Psychopathology 67%
- 3. Alternative Healing Techniques 56%
- 4. Project Work Scale Development 67%

This option of subject detention instead of semester detention has been exercised with the hope that you will never again have a shortage of attendance in any of the future semesters. In case if the same is repeated, semester detention will be exercised in the next semester.

Regarding the attendance of shortage





Nethravathi R Psychology statissischur@iprin-

to Co-ordinator, Principal, Coordinator, Coordinator, Coordinator, Smita, bcc: office.examinations, bcc: AASHUL +





Dear Anshul Artiskha

With regard to your attendance status at the end of the semester, I hope you are aware(through the CAMU app provided to you and your parents) that your attendance fails short of the required 75% attendance in every subject.

We are extremely saddened to know that despite day to day attendance information being provided to you and your parents on your phones, multiple rounds of mentoring and counselling provided by class mentors/faculty and undertakings that you were made to sign, etc., you have not been regular to college and thus not met the requirements of minimum attendance and internal assessment.

Therefore we have been directed by the Principal to inform you that you will not be permitted to appear for exams in the following subjects in the upcoming university

- 1. Theoretical perspectives of psychology- 49%
- 2. Cognitive psychology -54%
- 3 Bio Psychology 51%
- 4 Quantitative Research Methods 54%
- 5. Experimental Psychology 51%
- 6. IT application practical 53%
- 7. Psychometry 58%





Proof of Students receiving Pre-Final papers for transparency.

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