

LESSON PLAN For CBCS : Sankalita Mukherjee

2020-2021

Semester And Year	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours
Sem I (1ST Year)	Hons.	CC – 1 (Theory)	Unit 1:Introduction: What is psychology? Perspectives on behavior; Methods of psychology; Subfields of psychology; Psychology in modern India	SM	8
			Unit 2:Perception: Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.	SM	7
		CC 1 (PR)	Perception- To determine the rate of perceptual reversibility of the subject by using Human Profile/Flower Vase Card	SM	4
		CC-2 (Theory)	Unit 1: Introduction: Psychological Research; Relevance of Statistics; Descriptive and Inferential Statistics; Variables and Constants; Scales of Measurement.	SM	2
			Frequency Distributions, Percentiles, and Percentile Ranks.	SM	4
			Graphical Representation of Data: Histogram, Frequency Polygon, Bar Diagram, Pie Chart; The Cumulative Frequency Graph, (Skewness and Kurtosis).	SM	4
			Random Sampling and Sampling Distributions: Random Sampling; Using a Table of Random Numbers; Random Sampling With and Without Replacement.	SM	2
CC2 (Practical)	1.On Graphical representations (Frequency Polygon, Histogram, Pie Chart, Smoothed Curve, Ogive)	SM	4		

Semester and Year	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours
Sem II (1ST Year)	Hons.	CC3 (Theory)	Unit 3: Organization of Nervous system: CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis	SM	14
		CC3 (Practical)	On Reaction Time – Simple, Choice and Discriminative Reaction Time (Emphasis on Physiological Explanation)	SM	4
		CC 4 (Theory)	Unit 3: Indian approach: Self and Identity from Indian Perspective: Nyaya, Vedanta views of Self.	SM	8
			Unit 4: Enhancing individual's potential: Self-determination theory; Enhancing cognitive potential, Self-regulation and self enhancement; Fostering creativity.	SM	16

Semester and Year	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours
Sem III (2 ND Year)	Hons	CC5 (Theory)	Unit 1: Understanding Psyche: A universal quest for understanding Consciousness. Indian Perspective: Yoga and Vedant: Western Perspective. Emergence of modern psychology: Questions from Western view; Debates : Free Will and Determinism, Empiricism and Rationality	SM	14
			Unit 2: Positivist Orientation: Developments in Behaviourism (Watson)	SM	4
			Unit 3: Analytic Debates: Clinical Vs Phenomenological, Psychoanalysis; Carl Jung Developments in Psychoanalysis: The shift towards social and cultural;	SM	4
		CC5 (Practical)	1. Word Association Test- Word Association Test- by Dr. Girindra Sekhar Bose	SM	4
		CC 6 (Theory)	Unit 4: Psychological testing: Characteristics of a test – standardization, reliability, validity, norms, applications & issues	SM	12
		CC7 (Theory)	Unit 1: Understanding Psyche: Nature and scope of social psychology; Overview of the history of social psychology (including development in India); Relationship with sociology and anthropology	SM	12
			Unit 2: Understanding and evaluating the social world: Social cognition, Social perception, Attitudes, Attitude-behaviour link; Strategies for attitude change	SM	12
			Unit 3: Social interaction and Influence: Interpersonal attraction, Pro-Social Behaviour, Aggression, Social Influence	SM	12

Semester and Year	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours
Sem IV (2 ND Year)	Hons.	CC-8 (Theory)	Unit 1: Understanding Abnormality: Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment	SM	10
		CC 8 (Theory)	Unit 3 : a) Clinical Picture and etiology- Mood disorders b) Clinical Picture- Eating disorders	SM	12
		CC 8 (Theory)	Unit 4 : b). Clinical Picture- Personality Disorder: Anti Social Personality Disorder c). Clinical Picture- Disorders of Development : Mental Retardation, ADHD	SM	10
		CC-8 (Practical)	1. Anxiety State Trait Anxiety Inventory: Spielberger, C.D., Gorsuch, R.L., & Lushene, R.G. (1970). STAI Manual; Palo Alto. Consulting Psychologists Press.	SM	4
		CC-10 (Theory)	Unit 1: Introduction: Nature of applied Social Psychology, Social influences on behaviour, Methodological approaches – Participatory Action and Learning research techniques.	SM	10
		CC 10 (Theory)	Unit 2: Applying Social Psychology-I: Environment, diversity.	SM	14
		CC 10 (Theory)	Unit 3: Applying Social Psychology-II: work, health, legal system.	SM	14

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours
Sem V	Hons.	CC-11 (Theory)	Unit 1: Biological etiology-explanations and interventions for Mood disorders and Schizophrenia: Application in case of mood disorders and schizophrenia	SM	12
			Unit 3: Behavioural and Cognitive explanations :Application in case of : depression.	SM	6
		CC-11 (Practical)	1.General Health Questionnaire 28	SM	4
		CC 12 (Theory)	Unit 2: Stages of Life Span Development: Childhood.	SM	4
			Unit 3: Domains of Human Development: Cognitive development: perspectives of Piaget and Vygotsky; Language Development; Emotional Development; Moral Development: Perspective of Kohlberg; Personality Development	SM	15
		CC-12 (Practical)	1.Rao, N. (1989). Manual for Parent Child Relationship Scale . National Psychological Corporation	SM	4
		DSE A 1 (Theory)	Unit 1: Perspectives on Positive Psychology: Western and Eastern, virtues.	SM	4
			Unit 3: Positive Cognitive States and Processes: Self-efficacy, Wisdom, Flow.	SM	4
			Unit 2: Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.	SM	12
			Unit 4: Health and Well-being: Happiness	SM	2

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
Sem VI	Hons.	CC 13 (Theory)	Unit 4: Leadership: Basic approaches: Trait theories, Behavioral theories, Contingency theories; Contemporary Issues: Inspirational approaches to leadership, Challenges to the leadership construct; Indian perspective on leadership	SM	12
		CC14 (Theory)	Unit3: Techniques of Counselling: Behavioral techniques; Cognitive techniques; Indian techniques: Yoga and Meditation	SM	6
			Unit 4: Counselling Applications: Career Counselling; Crisis Intervention: suicide, grief, and sexual abuse	SM	8
		DSE-A -02: (Theory)	Unit 3: International human resource management (IHRM) The context of Globalization, Role of culture in IHRM, Dimensions of Cultural difference (Hofstede), Policies and practices in the multinational enterprise.	SM	16
		DSE-B -04: (Theory)	Unit 2: Core values: Individual and family wellness; sense of community; respect for human diversity; social justice; empowerment and citizen participation.	SM	14
			Unit 3: Health promotion: process of community organization for health promotion, importance.	SM	6
			Unit 4: Interventions: community development and empowerment; case studies in Indian context.	SM	12
		DSE-B -04: (Practical)	Family Environment: Bhatia, H., & Chaddha, N.K. (1993). Manual for Family Environment Scale. Ankur Psychological Agency. Lucknow	SM	4

LESSON PLAN for CBCS

NAME OF TEACHER- DR. PHOOLJANI GHOSH

DEPARTMENT-PSYCHOLOGY

DESIGNATION- STATE AIDED COLLEGE TEACHER (SACT- CATEGORY 1)

LESSON PLAN FOR SEM-1 AND SEM-II (1ST YEAR)

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
SEM-I 1st year	Hons	CC – 1 (Theory)	Unit 3: Learning and Motivation: Classical conditioning, Operant conditioning, and Observational learning; Cognitive influences on learning;	PG	8
			Unit 4: Memory: Models of memory: Levels of processing, Reconstructive nature of memory; Forgetting; Improving memory.	PG	6
		CC-1 (Practical)	Memory- b) Effect of retroactive inhibition on the memorization capacity of the subject	PG	4
		CC–2 (Theory)	Unit 3: Standard (z) Scores: Standard Scores; Properties of z-scores; Transforming raw scores into z-scores, Determining a raw score from a z-score, Some Common Standard Scores, Comparison of z-scores and Percentile Ranks.	PG	6
			The Normal Probability Distribution: Nature and Properties of the Normal Probability Distribution; Standard Scores and the Normal Curve; The Normal Curve as a Model for Sampling Distributions; Divergence from Normality (Skewness and Kurtosis).	PG	8
			Random Sampling and Sampling Distributions: Random Sampling; Using a Table of Random Numbers; The Random Sampling Distribution of the Mean: An Introduction; Characteristics of the Random Sampling Distribution of the Mean;	PG	4
		CC2 (Practical)	2. On computation of Variability measures	PG	2

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
Sem-II 1st year	Hons	CC – 3 (Theory)	Unit 4: Neuroendocrine system: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary	PG	14
		CC-4 (Theory)	Personality: Nature of personality; Biopsychosocial foundations of personality; Culture, gender and personality; Perspectives on personality: Psychodynamic (Freud), humanistic (Maslow) and social (Bandura).	PG	10
			Unit 2: Intelligence: Concept of intelligence: Psychometric and cognitive approaches to intelligence; Gardner’s multiple intelligences; Emotional Intelligence, Heredity, environment and intelligence; Group differences in intelligence; Extremes of intelligence.	PG	14
			Unit 3: Indian approach: Concept of Triguna from Sankhya perspective.	PG	2
		CC4 (Practical)	A) Terman , L. M. & Merrill, M.A. (1937). Measuring Intelligence. Boston, MA: Houghton Mifflin	PG	4

SEMESTER- III

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No.Of hours
SEM III (2ND YEAR)	Hons	CC5 (Theory)	Unit 1: Understanding Psyche: Western Perspective. Emergence of modern psychology: Questions from Western view; Debates : Free Will and Determinism, Empiricism and Rationality	PG	7
			Unit 2: Positivist Orientation: Neo-behaviouristic traditions (Skinner)	PG	4
			Unit 3: Analytic Debates: Clinical Vs Phenomenological, Freudian Psychoanalysis, Developments of Third Force: Humanistic and Existential	PG	6
			Unit 4: Contemporary Developments: Psychology of Gender	PG	12
		CC5 (Practical)	2.Indian Gender Role Identity Scale- Basu, J. (2010). Development of The Indian Gender Role Identity Scale (IGRIS). Psychometric Properties and Application. Journal of Indian Academy of Applied Psychology, 36, 25-34.	PG	4
		CC6 (Theory)	Unit 2: Sampling: Probability & Non probability sampling methods	PG	14
			Unit 3: Methods of Data Collection: Case study, Observation, Interview & Focus group discussion	PG	6

SEMESTER- IV

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
SEM-IV 2 ND YEAR	HONS	CC-8 (Theory)	Unit 2: Clinical Picture and etiology of Disorders I: Anxiety disorders (any 2 disorders);- Generalized Anxiety Disorder and Obsessive Compulsive Disorder Somatoform disorders – Hypochondriasis and Conversion disorders	PG	12
			Unit 4 : A). Clinical Picture and etiology: Schizophrenia	PG	6
		CC-10(Practical)	1. Likert Scale Construction on Environment 2. Diversity to be measured in terms of Ethnic Prejudice by Bogardus’s Social Distance Scale (Revision of Goode and Hatt)	PG	6+4
		SEC-A-01 (Theory)	Unit 1: Introduction- What is behaviour. What is behaviour modification. What is behaviour assessment.	PG	8
			Unit 2: Classical conditioning theory, basic principles, cognitive perspective and applications. Operant conditioning theory, basic principles, punishment, negative reinforcement, schedules of reinforcement, cognitive perspective and applications.	PG	14
			Unit 3 : Techniques- Token Economy, Contingencies, Shaping, Premack Principle.	PG	14
			Unit 4: Applications- School, Family, Work. Behavioural principles and procedures-a) Getting a behaviour to occur more often with positive reinforcement, b.) Developing and maintaining behaviour with conditioned reinforcement, c.) Decreasing a behaviour with extinction. Planning, applying and evaluating.	PG	14

SEMESTER- V

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours
SEM- V 3 RD YEAR	HONS.	CC-11 (Theory)	Unit 1: Biological etiology-explanations and interventions for Schizophrenia: Application in case of schizophrenia	PG	6
			Unit 2: Insight oriented explanations and interventions: Psychoanalytic perspective – Conversion disorder, OCD,	PG	6
			Unit 3: Behavioural and Cognitive explanations : Application in case of : phobias	PG	6
		CC-12 (Theory)	Unit 2: Stages of Life Span Development: Prenatal Development, Birth and Infancy, Childhood	PG	6
			Unit 4: Socio-Cultural Contexts for Human Development: Media & Schooling; Human Development in the Indian context	PG	7
		DSE A (Theory)	Unit 1: Introduction: Positive Psychology: An Introduction, Perspectives on Positive	PG	8
			Unit 2: Positive Emotional States and Processes: Emotional Intelligence, Resilience	PG	6
			Unit 3: Positive Cognitive States and Processes: Flow, Mindfulness.	PG	4
			Unit 4: Applications: Work, education	PG	6
		DSE B 03 Theory	Unit 1: Introduction: Introduction to Health Psychology: components of health: social, emotional, cognitive and physical aspects, mind-body relationship, goals of health psychology, Bio-psychosocial model of health	PG	14
			Unit 4: Health and Well-being: Optimism and Hope	PG	4
		DSE B 03 (Practical)	1.Adult Hope Scale- Synder, C.R., Harris, C., Anderson, J.R., Holleran, S.A., Irving, L.M., Sigmon, S.T. et. al (1991).	PG	4

SEMESTER- VI

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No.Of hours
SEM-VI 3RD YEAR	HONS	CC-13: (Theory)	Unit 2: Individual level processes: Work Motivation; Early theories: Maslow, McClelland, Two factor; Contemporary theories and applications	PG	4
			Unit 3: Dynamics of Organizational Behavior: Organizational culture; Power and Politics: Influence, sexual harassment, organizational politics; Positive Organizational Behaviour: Optimism.	PG	12
		CC-14: (Theory)	Unit3: Techniques of Counselling: Psychoanalytic techniques; Humanistic techniques; Behavioral techniques; Cognitive techniques	PG	8
			Unit 4: Counselling Applications: Child Counselling; Family Counselling; Career Counselling	PG	8
		DSE-A -02: (Theory)	Unit 2: Human Resource Practices -Training; Performance evaluation	PG	7
			Unit 4: Organizational change and development: Organizational change: concepts, models (one model), techniques (one for individual and one for group), organizational development: concepts, models (one model), techniques (one for individual and one for group).	PG	10
		DSE-B -04: (Theory)	Unit 1: Introduction: Definition of community psychology; types of communities; models.	PG	12
		DSE-B -04: (Practical)	Family Environment: Bhatia, H., & Chaddha, N.K. (1993). Manual for Family Environment Scale. Ankur Psychological Agency. Lucknow	PG	4