

Lesson Plan
Department of Psychology
Teachers: Dr Phooljani Ghosh (PG), Dr. Dolon Dawn (DD), Dr. Sankalita Mukherjee (SM)

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
I	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 processing, Role of attention in perception, Perceptual organization, Perceptual sets, Perceptual constancies, Depth perception, Illusions.	DD, SM	7+7=14
			Unit 3:Learning and Motivation: Classical conditioning, Operant conditioning, and Observational learning; Cognitive influences on learning; Perspectives on motivation, Types of motivation, Motivational conflicts	DD, PG	8+8=16
			Unit 4: Memory: Models of memory: Levels of processing, Parallel distributed processing, Information processing; Reconstructive nature of memory; Forgetting; Improving memory.	DD	12
		CC-1 (Practical)	Memory- a) Effect of spaced and unspaced method of learning on memorization capacity of the subject b) Effect of retroactive inhibition on the memorization capacity of the subject	DD	4
				PG	4
			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. Frequency Distributions, Percentiles, and Percentile Ranks.	SM	2
				SM	4
			Graphic Representation of Data: Histogram, Frequency Polygon, Bar Diagram, Pie Chart; The Cumulative Frequency Graph, (Skewness and Kurtosis).	SM	4
			Unit 2: Measures of Central Tendency: Calculation of Mean; Median and Mode; Properties and Comparison of Measures of Central Tendency; Central Tendency Measures in Normal and Skewed Distributions.	DD	6
			Measures of Variability: Range; Semi-Inter-quartile Range; Variance; Standard Deviation; Calculation of Variance and Standard Deviation from Deviation Scores and Raw Scores.	DD	8
			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

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
I	Hons	CC 2 (Theory)	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
			Unit 4: Correlation: The Meaning of Correlation; Historical Perspective; The Scatterplot of Bivariate Distributions; Correlation: A Matter of Direction; Correlation: A Matter of Degree; The Coefficient of Correlation; Calculating Pearson's Correlation Coefficient from Deviation Scores and Raw Scores; Spearman's Rank-Order Correlation Coefficient; Correlation and Causation; The Effects of Score Transformations; Cautions concerning Correlation Coefficients.	DD	6
			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; Using the Sampling Distribution of Sample Means to Determine the Probability for Different Ranges of Values; Random Sampling With and Without Replacement.	PG +SM	4+2=6
			1.On Graphical representations (Frequency Polygon, Histogram, Pie Chart, Smoothed Curve, Ogive)	SM	4
		CC2 (Practical)	2. On computation of Central Tendency and Variability measures	PG+DD	2+2=4

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
II	Hons	CC – 3 (Theory)	Unit 1: Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology.	DD	8
			Unit 2: The Functioning brain: Structure and functions of neurons; Neural conduction and synaptic transmission.	DD	14
			Unit 3: Organization of Nervous system: CNS & PNS: Structure and functions. Functional abnormalities of neurotransmitters: dopamine and serotonin hypothesis	SM	14
			Unit 4: Neuroendocrine system: Structure, functions and abnormalities of major glands: Thyroid, Adrenal, Gonads, Pituitary	PG	14
		CC-3 (Practical)	On Arousal- Determination of the effect of variation of different levels of attentive task on arousal (Pneumograph).	DD	4
			On Reaction Time – Simple, Choice and Discriminative Reaction Time (Emphasis on Physiological Explanation)	SM	4
		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: Self and Identity from Indian Perspective: Nyaya, Vedanta and Buddhist views of Self. Components of Identity: Concept of Triguna from Sankhya perspective.	SM, PG	8+2=10
			Unit 4: Enhancing individual’s potential: Self-determination theory; Enhancing cognitive potential, Self-regulation and self enhancement; Fostering creativity.	SM	16
		CC4 (Practical)	A) Terman , L. M. & Merrill, M.A. (1937). Measuring Intelligence. Boston, MA: Houghton Mifflin	PG	4
			B) Cattell, H. E. P. (2001). The Sixteen Personality Factor (16PF) Questionnaire. In : Dorfman W. I., Hersen M. (eds). Understanding Psychological Assessment. Perspectives on Individual Differences. Springer, Boston MA.	SM	4

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours	
III	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	PG+SM	7+7=14	
			Unit 2: Positivist Orientation: Developments in Behaviourism (Watson), Neo-behaviouristic traditions (Skinner), Cognitive revolution- A Paradigm Shift	SM, PG, DD	4+4+4=12	
			Unit 3: Analytic Debates: Clinical Vs Phenomenological, Freudian Psychoanalysis, Analytical. Psychoanalysis; Carl Jung Developments in Psychoanalysis: The shift towards social and cultural; Developments of Third Force: Humanistic and Existential	SM, PG, DD	4+4+4=12	
			Unit 4: Contemporary Developments: Psychology of Gender	PG	12	
		CC5 (Practical)	1. Word Association Test- Word Association Test- by Dr. Girindra Sekhar Bose	SM	4	
			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 1: Basics of Research in Psychology: What is Psychological Research? The Goals of Psychological. Research, Paradigms of Research, Principles of Good Research, Ethics in Psychological Research. Research Traditions : Quantitative & Qualitative orientations towards research & their steps, Comparing Qualitative & Quantitative Research Traditions, Formulating a problem & developing a testable research question / research hypothesis. Unit 2: Sampling: Probability & Non probability sampling methods	DD	12	
				Unit 3: Methods of Data Collection: Case study, Observation, Interview & Focus group discussion, Survey, Use of Secondary Data	PG+DD	6+6=12
				Unit 4: Psychological testing: Characteristics of a test – standardization, reliability, validity, norms, applications & issues	SM	12
				1. Semi Structured Interview on Coping compared with Coping Scale by Rao, K., Subbakrishna, D.K. & Prabhu, G.C. (1989). Development of a Coping Checklist- A Preliminary Report. Indian Journal of Psychiatry, 31 (2), 128-133.	DD	8
CC6 (Practical)						

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
III	Hons	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
			Unit 4: Group Dynamics and Inter-group relations: Nature of groups, Consequences of belonging (performance, decision making, cooperation and conflict), Nature of intergroup relations (prejudice, inter-group conflict, intervention techniques)	DD	14
		CC7 (Practical)	1. On Group Cohesiveness by Sociogram Method	DD	4
			2. On Social Facilitation by Problem Solving-Individual and Group Situations	DD	4

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No.Of hours
IV	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
			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 3 : a) Clinical Picture and etiology- Mood disorders b) Clinical Picture- Eating disorders	SM	12
			Unit 4 : a). Clinical Picture and etiology: Schizophrenia b). Clinical Picture- Personality Disorder: Anti Social Personality Disorder c). Clinical Picture- Disorders of Development : Mental Retardation, ADHD	PG+SM	6+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
			2. Personality: Kundu Introversion Extraversion Inventory (1976, Copyright) by Dr.Ramanath Kundu, Department of Psychology, University College of Science & Technology, 92 Acharya Prafulla Chandra Road. Calcutta-700009	DD	4
		CC -9 (Theory)	Unit 1: Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means: The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Testing about the difference between Two Independent means; Null and the Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; Properties of the Sampling Distribution of the Difference between Means; Choice of <i>H_A</i> : One-Tailed and Two-Tailed Tests; Steps for Hypothesis Testing; The <i>t</i> Distribution; Characteristics of Student's Distribution of <i>t</i> ; Computing <i>t</i> Using Definitional Formula only; Assumptions Associated with	DD	14

		Inference about the Difference between Two Independent Means; The Statistical Decision regarding Retention and Rejection of Null Hypothesis. Interpreting the Results of Hypothesis Testing A Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test; Levels of Significance versus p -Values.		
		Unit 2: Hypothesis Testing About the Difference between Two Dependent (Correlated) Means The Null and Alternative Hypotheses; Determining a Formula for t ; Degrees of Freedom for Tests of No Difference between Dependent Means; Testing a Hypothesis about Two Dependent Means using the formula involving standard errors and correlation only; Assumptions When Testing a Hypothesis about the Difference between Two Dependent Means.	DD	16
		Hypothesis Testing for Differences among Three or More Groups: One-Way Analysis of Variance (ANOVA). Concept of ANOVA. Concept of t and F test and their relationship. (No computation of ANOVA)	DD	8
		Unit 4: Hypothesis Testing for Categorical Variables and Inference about Frequencies The Chi-Square as a Measure of Discrepancy between Expected and Observed Frequencies; Logic of the Chi-Square Test; Assumptions of Chi-Square; Calculation of the Chi-Square Goodness-of-Fit-Test- One Way Classification; Chi Square for Two Classification Variables-Contingency Table Analysis; Interpretation of the Outcome of a Chi-Square Test.	DD	12
	CC- 9 (Practical)	1. On Computation of t test 2. On Computation of Chi Square	DD	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
		Unit 2: Applying Social Psychology-I: Environment, diversity.	SM	14
		Unit 3: Applying Social Psychology-II: work, health, legal system.	SM	14
		Unit 4: Intervention and Evaluation: Process of intervention; need for evaluation for effective programmes. Case studies in Indian context.	DD	12
	CC-10 (Practical)	1. Likert Scale Construction on Environment 2. Diversity to be measured in terms of Ethnic Prejudice	PG	4

			by Bogardus's Social Distance Scale (Revision of Goode and Hatt)		
		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	Programme	Course and the Name of Paper	Topic	Teacher	No. of hours	
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 2: Insight oriented explanations and interventions: Psychoanalytic perspective – Conversion disorder, OCD, Dissociative disorder; Humanistic and Existential perspective – Application in case of crises intervention	PG	12	
			Unit 3: Behavioural and Cognitive explanations :Application in case of : phobias, depression.	PG + SM	6+6= 12	
			Unit 4: Perspectives of Counselling: Concept, Steps, Types- Directive, Nondirective and Eclectic	DD	14	
			CC-11 (Practical)	1.General Health Questionnaire 28	SM	4
		CC-12 (Theory)		Unit 1: Introduction: Concept of Human Development; themes (Cephalocaudal and Proximodistal) and research designs	DD	8
	Unit 2: Stages of Life Span Development: Prenatal Development, Birth and Infancy, Childhood, Adolescence, Adulthood			PG+SM	6+6= 12	
	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	
	Unit 4: Socio-Cultural Contexts for Human Development: Family; Peers, Media & Schooling; Human Development in the Indian context			DD+PG	8+7=15	
			CC-12 (Practical)	1.Rao, N. (1989). Manual for Parent Child Relationship Scale. National Psychological Corporation	SM	4
		DSE A (Theory)		Unit 1: Introduction: Positive Psychology: An Introduction, Perspectives on Positive Psychology: Western and Eastern, Character Strengths and virtues.	PG +SM	8+4=12

			Unit 2: Positive Emotional States and Processes: Happiness and Well being, Positive Affect and Positive Emotions, Emotional Intelligence, Resilience	PG+DD	6+6=12
			Unit 3: Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.	PG+DD+SM	4+4+4=12
			Unit 4: Applications: Work, education, ageing, health	PG+DD	6+6=12
	DSE A (Practical)		1.Verma, S.K., & Verma, A. (1989). Manual for PGI general well-being measure. Lucknow: Ankur Psychological Agency.	DD	4
	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 2: Behavior and health: Characteristics of health behaviour; Barriers to health behaviour; Theories of health behaviour and their implications.	SM	12
			Unit 3: Health Enhancing Behaviours: Exercise, nutrition, safety, pain, stress management	DD	12
			Unit 4: Health and Well-being: Happiness; Life satisfaction; Resilience; Optimism and Hope	DD+SM	10+2=12
	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). The will and the ways: Development and validation of an individual differences measure of hope. Journal of Personality and Social Psychology, 60, 570-585.	PG	4

Semester	Programme	Course and the Name of Paper	Topic	Teacher	No. Of hours
VI		CC-13 (Theory)	Unit 1: Introduction: Historical antecedents of Organizational Behaviour: Scientific management & Human Relations Movement; Contemporary Trends and Challenges; Organizational Behavior: Challenges in the Indian Setting	DD	14
			Unit 2: Individual level processes: Employee attitudes: Job satisfaction, Organizational Commitment, Organizational Citizenship Behaviour; Work Motivation; Early theories: Maslow, McClelland, Two factor; Contemporary theories and applications: Goal setting & MBO, Equity, Expectancy, Job Characteristics Model & Job Redesign	DD	14
			Unit 3: Dynamics of Organizational Behavior: Organizational culture; Power and Politics: Influence, sexual harassment, organizational politics; Positive Organizational Behaviour: Optimism.	PG	12
			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
		CC-13 (Practical)	Organizational Role Stress	DD	4
		CC-14: (Theory)	Unit 1: Introduction: Nature and Goals; Counselling as a profession: professional ethics (Latest version of American Counselling Association – ACA); The effective counsellor: personality characteristics; Counselling status of counselling psychology in India	DD	12
			Unit 2: Counselling Process: Building counselling relationships; Working in a counselling relationship; Closing counselling relationships	DD	12
			Unit3: Techniques of Counselling: Psychoanalytic techniques; Humanistic techniques; Behavioral techniques; Cognitive techniques; Indian techniques: Yoga and Meditation	PG + SM	6+6=12
			Unit 4: Counselling Applications: Child Counselling; Family Counselling; Career Counselling; Crisis Intervention: suicide, grief, and sexual abuse	SM +PG	8+6=14
		CC14 (Practical)	Guilford, J.S. & Zimmerman, W. S. (1963, 1989, Copyright). Guilford- Zimmerman Interest Inventory. Consulting Psychologists Press Inc.3803 E. Bayshore Road. Palo Alto, CA 94303.	DD	4

	DSE-A -02: (Theory)	Unit 1: Introduction to Human Resource Management (HRM): HRM and HRD, Context and issues in HRM	DD	10
		Unit 2: Human Resource Practices Job analysis; Recruitment and selection; Training; Performance evaluation	DD+ PG	14
		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
		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-A -02: (Practical)	Organizational Role Stress	DD	4
	DSE-B -04: (Theory)	Unit 1: Introduction: Definition of community psychology; types of communities; models.	PG	12
		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. Community program for: child and maternal health, physical challenged and old age in the Indian context.	SM+DD	12
		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