

LESSON PLAN

Department Name: PSYCHOLOGY

Name of Faculty: Dr.Dolon Dawn(DD), Dr. Sankalita Mukherjee(SM), Dr Phooljani Ghosh(PG)

Paper Name & Code: PSYCHOLOGY MAJOR - BASIC PSYCHOLOGICAL PROCESSES

Planned					
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Semester II					
Unit I	Perceptual Process II a)Nature of Perception, relation of Attention and Perception, Form, Space, Movement, Time Perception and Optical Illusion	Psychology By Baron,	7	PPT presentation and Chalk and Talk Lecture Method	SM
	b)Perceptual Organization , Concept of Figure and Ground	The Psychology of Perception by Dember and Warm	3		SM
	c)Historical Background of Information Processing, theories of Information Processing		5		DD
Unit II	a)Learning Processes : Nature and Factors of Learning, Theories, Trial and Error, Conditioning classical and operant, insight, transfer of training	Introduction to Psychology by Atkinson and Hilguard	8	PPT presentation and Chalk and Talk Lecture Method	PG
	b)Memory and Forgetting : Nature of Encoding, Storage and Retrieval, STM, LTM , Types of Memory : Nature and Theories of Forgetting : Trace- Decay, Interference, Motivated Forgetting: Curve of Forgetting		7		DD
Unit III	a)Intelligence: Definition, Nature, Classification, (categories of theories), Factor Theories of Intelligence, Spearman and Thurstone	Cognitive Psychology By Galotti	5	PPT presentation and Chalk and Talk Lecture Method	PG
	b)Emotion: nature, basic emotions, theories- bodily theories (Peripheral-James – Lange, Central Canon-Bard		5		SM

Subject Name/Code: PSYA

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Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
	Cognitive Theory: Schachter Singer Theory c)Motivation : Definition, types- biological and social, theories, concept of drive,incentive, Maslow's need hierarchy theory and McClelland's theory	Psychology:South Asian Edition By Ciccarelli and Meyer	5	PPT presentation and Chalk and Talk Lecture Method	DD
Practicum	1.Retroactive and Proactive Inhibition 2.a.Perceptual Reversibility b.Time Perception 3.Standard Progressive Matrices		10		PG SM DD DD

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Department Name: PSYCHOLOGY

Name of Faculty: Dr.Dolon Dawn(DD), Dr. Sankalita Mukherjee(SM), Dr Phooljani Ghosh(PG)

Paper Name & Code: Skill Enhancement Course (SEC) EMOTIONAL INTELLIGENCE

Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit I	Introduction : Emotional Intelligence, Models of Emotional Intelligence, EQ Competencies,	Emotional Intelligence By Goleman	5	PPT presentation and Chalk and Talk Lecture Method	SM
	Self-awareness, Self Regulation, Motivation, Empathy and		5		
	Interpersonal Skills, Importance of Emotional Intelligence		5		
Unit II	Knowing One,s and Others' Emotional Levels of Emotional	Emotional Intelligence By Goleman	5	PPT presentation and Chalk and Talk Lecture Method	DD
	Awareness:Recognizing Emotions in Oneself; The Universality of Emotional		5		
	Expression, Perceiving emotions accurately in others		5		
Unit III	Managing Emotions:	Working with Emotional Intelligence By Goleman	5	PPT presentation and Chalk and Talk Lecture Method	PG
	The Relationship between Emotions, Thought and behavior,		5		
	Techniques to manage Emotions		5		

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Paper Name & Code: Skill Enhancement Course (SEC) EMOTIONAL INTELLIGENCE

Practicum	Assessment of Emotional Intelligence Assessment of Empathy By Hogan		30 hrs.		DD, SM, PG

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Name of Faculty: Dr.Dolon Dawn(DD), Dr. Sankalita Mukherjee(SM), Dr Phooljani Ghosh(PG)

Paper Name & Code: PSYD INTER DISCIPLINARY COURSE (IDC) HUMAN RESOURCE MANAGEMENT

Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks/ Comment
Unit I	a)Introduction to Human Resource Management, HRM and HRD, Context and Issues in HRM	Industrial/Organizational Psychology By Aamodt	8	Slide Presentation and chalk and talk method	DD
	b)Human Resource Practices: Job Analysis: Recruitment and Selection		7		PG
Unit II	International Human Resource Management (IHRM) , The Context of Globalization, Role of Culture in IHRM, Dimensions of Culture Difference (Hofsteade)	Human Resource Management by V.S.P. Rao	15	Slide Presentation and chalk and talk method	SM
Practicum	Administration of Organizational Role Stress Scale		25	Laboratory	DD

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LESSON PLAN

Department Name: PSYCHOLOGY

Name of Faculty: Dr.Dolon Dawn(DD), Dr. Sankalita Mukherjee(SM), Dr Phooljani Ghosh(PG)

Paper Name & Code: CC-8: UNDERSTANDING PSYCHOLOGICAL DISORDERS

Planned					
Unit/Group/Module/ Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
1.Understanding Abnormalities (SM)	Issues in defining Normality and Abnormality; Issues in diagnosis and classification; Nature of Clinical Assessment	Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.	10	Chalk and Talk, Assignments	
2. Clinical Picture and etiology of Disorders (PG & SM)	Anxiety disorders (any 2 disorders);- Generalized Anxiety Disorder and Obsessive Compulsive Disorder Somatoform disorders –Conversion disorders	Brewer,K. (2001). Clinical Psychology.Oxford : Heinemann Educational Publishers	10		
3. Clinical Picture and etiology of Disorders (SM)	a) Clinical Picture and etiology- Mood disorders	Carson,R.C., Butcher,J.N. ,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.	6		
4. Clinical Picture and etiology of Disorders (PG & SM)	a)Clinical Picture and etiology: Schizophrenia b). Clinical Picture- Personality Disorder: Anti Social Personality Disorder c). Clinical Picture- Disorders of Development : Mental Retardation		16		

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Paper Name & Code: **CC-8: UNDERSTANDING PSYCHOLOGICAL DISORDERS**

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Practicum (SM & DD)	Anxiety State Trait Anxiety Inventory: Spielberger, C.D., Gorsuch, R.L., & Lushene, R.G. (1970). STAI Manual; Palo Alto. Consulting Psychologists Press.	Carson,R.C., Butcher,J.N. ,Mineka,S.&H ooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.	4 hrs/week	Laboratory Assignments	
	Personality: Kundu Introversion Extraversion Inventory (1976, Copyright) by Dr. Ramanath Kundu, Department of Psychology, University College of Science & Technology.				

LESSON PLAN

Department Name: PSYCHOLOGY

Name of Faculty: Dr.Dolon Dawn(DD)

Paper Name & Code: CC-9: STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Unit 1 Introduction to Inferential Statistics and Hypothesis Testing about the Difference between Two Independent Means (DD) Interpreting the Results of Hypothesis Testing (DD)	<p>The meaning of Statistical Inference and Hypothesis Testing; Hypothesis Null and the Alternative Hypotheses; The Random Sampling Distribution of the Difference between Two Sample Means; One-Tailed and Two-Tailed Tests;</p> <p>Hypothesis Testing; Characteristics of Student's Distribution of t; Computing t Using Definitional Formula only; Assumptions Associated with Inference about the Difference between Two Independent Means;</p> <p>The Statistical Decision regarding Retention and Rejection of Null Hypothesis. A Statistically Significant Difference versus a Practically Important Difference; Errors in Hypothesis Testing; Power of a Test; Levels of Significance versus p-Values.</p>	<p>Das, D. & Das, A. (Latest edition). Statistics in Biology and Psychology. Academic Publishers, Calcutta.</p> <p>Garrett, H.E. (1981). Statistics in Psychology and education. VakilsFetTer& Simons Ltd.</p>	14	Chalk and Talk, Assignments	

Planned

Unit/Group/Module/ Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
<p>Unit 2 Hypothesis Testing About the Difference between Two Dependent (Correlated) Means Confidence Intervals (DD)</p> <p>Unit 4 Hypothesis Testing for Categorical Variables and Inference about Frequencies</p>	<p>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. Confidence Intervals for $\mu_x - \mu_y$; The Relation between Confidence Intervals and Hypothesis Testing; The Advantages of Confidence Intervals.</p> <p>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.</p>	<p>King, B.M. & Minium, E.W. (2007). <i>Statistical Reasoning in the Behavioral Sciences</i> (5th Ed). USA: John Willey.</p>	<p style="text-align: center;">16</p>	<p>Chalk and Talk, Assignments</p>	

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Paper Name & Code: **CC-10: APPLIED SOCIAL PSYCHOLOGY**

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Unit 1. Introduction (SM)	Nature of applied Social Psychology, Social influences on behaviour, Methodological approaches – Participatory Action and Learning research techniques.	Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.	10	Chalk and Talk, Assignments	
Unit 2 & Unit 3 Applying Social Psychology I and II (SM)	Environment and Health	Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology	05		
Unit 4 Intervention and Evaluation (DD)	Process of intervention; need for evaluation for effective programmes.		06		
Practicum (PG)	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)		04	Laboratory Assignments	

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Paper Name & Code: **SEC-B-02: STRESS MANAGEMENT**

Planned

Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Unit 1 Stress (PG)	Introduction, Nature of Stress, Symptoms of Stress	Goldberger, I. & Breznitz,S.(1986). Handbook of Stress: Theoretical and Clinical Aspect. The Free Press Collier MacMillan Publishers. London. Misra, G. (Ed.) (1999). Psychological Perspectives on Stress and Health, New Delhi, Concept.	12	Chalk and Talk, Assignments	
Unit 2 Sources of Stress (DD)	Social. Physiological and Psychological		10		
Unit 3 Stress and Health (DD)	Effects of Stress on Health, Eustress		10		
Unit 4 Managing Stress (SM)	Yoga, Meditation, Relaxation, Problem focused and Emotion focused Coping Techniques		10		

LESSON PLAN

Department Name: PSYCHOLOGY

Name of Faculty: DD , SM, PG

Paper Name & Code: CC 13 Organizational Behavior

Planned					
Unit/Group/Module/ Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
1. Historical Antecedents of OB (DD)	Scientific Management and Human Relations Movement, Contemporary Trends and Challenges, OB: Challenges in Indian Setting	Luthans, F. (2009). <i>Organizational behavior</i> . New Delhi: McGraw Hill.	12	Chalk and Talk, Assignments	
2. Individual Level Processes (DD+PG)	Employee Attitude: Job Satisfaction, Organizational Commitment, Organizational Citizenship behavior, Work Motivation: Early Theories: Maslow, McClelland, Two Factor Theories, Contemporary Theories and Applications: Goal Setting and MBO, Equity	Pareek, U. (2010). <i>Understanding organizational behaviour</i> . Oxford: Oxford University Press.	14		
3. Dynamics of Organizational Behaviour (PG)	Dynamics of OB: Organizational Culture, Positive Organizational Behaviour: Optimism	Schultz, D.P. & Schultz S.E.: <i>Psychology and Work Today: an Introduction to Industrial and Organizational Psychology</i> , Prentice Hall.	12		
4. Leadership (SM)	Leadership: Basic Approaches, Trait, Behavioural and Contingency Theories, Challenges to Leadership Construct: Indian Perspectives on Leadership		12		

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Name of Faculty: **DD, SM, PG**

Paper Name & Code: **CC 13 Organizational Behavior**

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Practicum (SM)	Extrinsic-Intrinsic Motivation: Achievement Motivation Questionnaire	Tests, Measurements And Research In Behavioural Sciences - by A K Singh	4	Laboratory Assignments	

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Paper Name & Code: CC14 Counselling Psychology

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Unit 1 Introduction (DD)	Nature and Goals Counselling as a Profession: Professional Ethics The Effective Counsellor: Personality Characteristics	Schultz, D.P. & Schultz S.E.: Psychology and Work Today: an Introduction to Industrial and Organizational Psychology, Prentice Hall. Luthans, F. (2009). <i>Organizational behavior</i> . New Delhi: McGraw Hill. Pareek, U. (2010). <i>Understanding organizational behaviour</i> . Oxford: Oxford University Press.	12	Chalk and Talk, Assignments	
Unit II : Counselling Processes (DD)	Counselling Process: Building Counselling Relationship; Working in a Counselling Relationship; Ending the counseling relationship		14		
Unit III Techniques of Counselling (PG)	Psychoanalytic Technique, Behavioural, Cognitive, Humanistic and Indian Technique : Yoga		12		
Unit IV: Applications of Techniques (SM)	Family Counselling, Career Counselling, Crisis Intervention : Suicide and Sexual Abuse		12		

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Paper Name & Code: **CC14 Counselling Psychology**

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Practicum (DD)	On Interest: Guilford-Zimmerman Interest Inventory (GZII) By Guilford, J.S., & Zimmerman W. S., (1963, 1989 Copyright).	Tests, Measurements And Research In Behavioural Sciences - by A K Singh	4	Laboratory Assignments	

LESSON PLAN

Department Name: PSYCHOLOGY

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Paper Name & Code: DSE A 2 Human Resource Management

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Unit 1. Introduction to Human Resource Management (DD)	HR M and HRD Context and Issues in HRM	Aamodt, M.G. (2001) <i>Industrial/ Organizational Psychology</i> . Thompson Wadsworth, a division of Thompson learning Inc. Bhatnagar, J. & Budhwar, J.(2009). <i>The changing face of people management in India</i> . London: Routledge. Chadha, N.K. (2005) <i>Human Resource Management-Issues, case studies and experiential exercises</i> . (3rd ed.) New Delhi: Sai Printographers.	10	Chalk and Talk, Assignments Laboratory Assignments	
Unit 2 : Human Resource Practices (DD & PG)	Job Analysis, Recruitment and Selection, Training, Performance Evaluation		14		
Unit 3 : International Human Resource Management (SM)	The Context of Globalization, Role of Culture in IHRM		16		
Unit 4: Organizational Change and Development (PG)	Organizational Change: Concept Models (One Model), Techniques (One for individual and one for Group), Organizational Development: Concepts, Models, techniques (One for individual and one for Group).		10		
Practicum: Organizational Role (DD)	Organizational Role Stress (ORS)		4	Laboratory Assignments	

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Paper Name & Code: DSE B 2 Community Psychology

Planned					
Unit/Group/Module/Article	Topics	Reference Books	No of Lectures Planned	Content/Delivery Technique	Comments/Remarks
Unit 1 Introduction (PG)	Definition of Community Psychology, Types of Communities, Models of Ecological Level of Analysis	Kloos B. Hill, J Thomas, Wandersman A, Elias M.J. & Dalton J.H. (2012). Community Psychology: Linking Individuals and Communities, Wadsworth Cengage Learning. Community Psychology: Theories and Applications By Sibnath Deb, Aleena Maria Sunny , Nilanjana Sanyal; Published by Sage, 2020.	12	Chalk and Talk, Assignments	
Unit 2 Core Values (SM)	Individual and Family Wellness, Sense of Community, Respect for Human Diversity, Social Justice, Empowerment and Citizen Participation		14		
Unit 3 Health Promotion (DD)	Process of community organization for health promotion, importance. Old age in Indian Context		12		
Unit 4 Interventions (DD)	Community development and empowerment; case studies in Indian context.		12		
Practicum Family Environment (PG)	Bhatia, H., & Chaddha, N.K. (1993). Manual for Family Environment Scale. Ankur Psychological Agency. Lucknow		4	Laboratory Assignments	