

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 - INTRODUCTION TO PSYCHOLOGY

Planned					
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Psychology (Major) Introduction to Psychology Unit 1	a)Introduction : Nature, Definition, Scope and Branches of Psychology, Methods of Psychology : Observation, Experimentation, Interview, Field Study, Correlational Method	Psychology By Baron and Mishra	2 3	Slide Presentation and chalk and talk method	SM
	b) Brief concept of Schools of Psychology: Structuralism, Functionalism, Behaviourism and Gestalt	Introduction to Psychology By Munn	4		
	c) Need for Quantification in Psychology, Levels of Measurement, Nominal, Ordinal, Interval and Ratio	Tests, Measurements Researche Methods in Behavioural Sciences By A.K. Singh	2		
	d) Variables and their classifications, Independent, Dependent and Controlling of Variables		4		
Psychology (Major) Unit II	To relate Attentional processes with other aspects of Information Processing A0Attentional Processes : Nature of Attention, Determinant of Attention, Shift, Oscillation, Fluctuation and Distraction, Theories of Attention	Cognitive Psychology By Solso and Maclin	4	Slide Presentation and chalk and talk method	DD
	b)Sensation and Perception: Introduction to Psychophysics, Concepts of Sensory Thresholds, Weber-Fechnar Law, Classical Methods Gradation, Constant and Average Error	Physiology of Behaviour By Carlson	7		
	c)Biological Foundations of Behaviour : Genetic Basis, Neuron, Synapse and Neurotransmitters Reception of informations through dendrites, moves through axons, afferent neurons, Spinal Cord, Brain Stem and Brain , Effefrent Neurons	Biopsychology By Pinel	4		

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Psychology (Major) Unit III	Processing of Data : i)Tabulation, Classification, Frequency Distribution of Data, Plotting of Graph (Histogram, Polygon and Ogive)	Statistics in Biology and Psychology By Das and Das	4	Slide Presentation and chalk and talk method	SM
	b)Concept,types,uses and measures of Central Tendency and Dispersion	Statistics in Psychology and Education By Garrett	6		DD
	c)Normal Probability Curve , Properties and Applications		5		PG
Psychology (Major) Practicum	a)Fluctuation of Attention b)Reiz Limen c)Computational Techniques of the Measures of Central Tendency and Dispersion d) Graphical Representation : Frequency Polygon, Histogram and Ogive	Experimental Psychology By Woodworth and Schlosberg	30 hrs.	Experimental Procedures, Conducted in Laboratory	PG DD SM

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Paper Name & Code: **SKILL ENHANCEMENT COURSE (SEC) STRESS MANAGEMENT**

Skill Enhancement Course Stress Management	Stress: Introduction, Nature of Stress,	Psychological Perspectives on Stress and Health by Misra	5	Slide Presentation and chalk and talk method	PG
Unit I	Symptoms of Stress, Various Sources of Stress,		5		
	Environmental, Social, Physiological and Psychological		5		
Unit II	Stress and Health : Effects of Stress on Health, Eustress	Psychological Perspectives on Stress and Health by Misra	15	Slide Presentation and chalk and talk method	DD
Unit III	Managing Stress : Methods- Yoga, Meditation,Relaxation Technique, Problem Focussed and Emotion Focussed Approaches	Positive Psychology By Carr	15	Slide Presentation and chalk and talk method	SM
Practicum	Administration of Perceived Stress Scale		30hrs	Laboratory	DD
	Administration of State Trait Anxiety Scale				SM
	Effect of Jacobson Progressive Muscle Relaxation on Level of Anxiety				SM

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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 / Comments
inter Disciplinary Course (IDC)	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
Unit I	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 (Hofstede)	Human Resource Management by V.S.P. Rao	15	Slide Presentation and chalk and talk method	SM
Practicum	Administration of Organizational Role Stress Scale		15	Laboratory	DD

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

Paper Name & Code: PSYCHOLOGY MAJOR - BIOPSYCHOLOGY

Planned					
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit 1:	Introduction to biopsychology: Nature and scope; Methods and ethics in biopsychology; Divisions of biopsychology. Evolutionary basis of neurophysiology of Learning and Memory.	Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi. Hall, J. E., & Biopsychology, 8th Edition. Pearson Education, New Delhi.	15	Slide Presentation and chalk and talk method	DD
Unit 2:	Organization of Nervous system:Structure and functions of neurons; Neural conduction: action potential and synaptic transmission, EPSP, IPSP. Functions of neurotransmitters, Functions of dopamine and serotonin hypothesis.Structure and functions: PNS & CNS (Brain & Spinal Cord).	Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi. Hall, J. E., & Biopsychology, 8th Edition. Pearson Education, New Delhi.	8 6	Slide Presentation and chalk and talk method	DD SM

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Paper Name & Code: PSYCHOLOGY MAJOR - BIOPSYCHOLOGY

Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit 3:	Emotional behaviour: physiological correlates of emotion: The role of cortex in emotion. Emotion and endocrine gland. Neuroendocrine system: Structure, functions and abnormalities of major glands: Hypothalamus, Thyroid, Adrenal, Gonads, Pituitary.	Carlson, N. R. (2009) Foundations of Physiological Psychology, 6th Edition. Pearson Education, New Delhi. Hall, J. E., & Biopsychology, 8th Edition. Pearson Education, New Delhi.	15	Slide Presentation and chalk and talk method	PG
Practicum:	On Reaction Time – Simple Reaction Time (Emphasis on Physiological Explanation) On Arousal - Determination of the effect of variation of different levels of attentive task on arousal		30		SM DD

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

PSYCHOLOGY MAJOR - BASICS OF DEVELOPMENTAL AND EDUCATIONAL PATHOLOGY

Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit 1:	a) Introduction – Definition, scope, methods. Heredity and Environment – Principles of heredity; Influence of Heredity and Environment on Development.	Santrock, J. W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill.	15	Chalk and Duster	DD
	b) Child Development – Prenatal development;	Santrock, J.W. (2012).Life Span			DD
	Postnatal development up to adolescence – physical, emotional, cognitive, social and moral.	Development (13 ed.) New Delhi: McGraw Hill.			PG SM
Unit 2	a) Introduction: Definition, Scope and Methods. Relation of Psychology with Education.	Chauhan, S.S.: Advanced Educational Psychology, Vikas Publishing House (P) Ltd., New Delhi, 1987.	15	Chalk and Duster	DD
	b) Application of Learning & Memory Theories in Education (Trial and Error. Classical. Operant and Insight, Program Learning, Transfer of training).				PG
Unit 3:	Intelligence: a) Application and its Measurement; b) Exceptional Children – Gifted, Intelligence ranging from below average and above average.	Anastasi, A.: Psychological Testing, New York: MacMillan Co. 1990.	15	Chalk and Duster	PG

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PSYCHOLOGY MAJOR - BASICS OF DEVELOPMENTAL AND EDUCATIONAL PATHOLOGY

Practicum	1.On Concrete Intelligence (Form Board & Block Design) 2. On Transfer of training		30		PG
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Paper Name & Code: SKILL ENHANCEMENT COURSE (SEC) STRESS MANAGEMENT

Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit 1:	Introduction-What is behaviour. What is behaviour modification. What is behaviour assessment.	Behaviour Modification by Milton Berger	15	Chalk and Duster	SM
Unit 2:	Application of principles of conditioning theories on behaviour modification (Emphasis on punishment, reinforcement, schedules of reinforcement and related concepts). Application of cognitive perspectives on behaviour modification.	Behaviour Modification by Milton Berger	15	Chalk and Duster	DD
Unit 3:	Techniques-Token Economy, Contingencies, Shaping, Premack Principle etc. Application of behaviour modification principles and techniques in Family, School and Workplace.	Behaviour Modification by Milton Berger	15	Chalk and Duster	PG
Practicum	To determine the effect of positive reinforcement (for example: feedback) on dependent variable (for example: reaction time)		30		SM

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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 / Comments
inter Disciplinary Course (IDC)	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
Unit I	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 (Hofstede)	Human Resource Management by V.S.P. Rao	15	Slide Presentation and chalk and talk method	SM
Practicum	Administration of Organizational Role Stress Scale		15	Laboratory	DD

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Paper Name & Code: DSC

SEMESTER 5: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES					
Planned				After Implementation	
Unit / Group / Module / Article	Topics	Reference Books	No of Lecture Planned	Content Delivery Technique	Remarks / Comments
Unit: I	Personality: Nature of personality; Biopsychosocial foundations of personality;	Aleem,S.(2012). Theories of Personality.Published by Dorling Kindersley(India)Pvt.Ltd. Baron,R.A.&Mishra,G.(2015).Psychology.Pearson Education Limited.ISBN-13: 9788131773444.	5	Lecture , Chalk and Duster	PG
	Culture, gender and personality; Perspectives on personality;	Aleem,S.(2012). Theories of Personality.Published by Dorling Kindersley (India) Pvt.Ltd. Baron,R.A.&Mishra,G.(2015).Psychology.Pearson Education Limited. ISBN-13: 9788131773444.	5	Lecture , Chalk and Duster	SM
	Psychodynamic (Freud), humanistic (Maslow) and social (Bandura).	Aleem,S.(2012). Theories of Personality Published by Dorling Kindersley (India) Pvt.Ltd. Baron,R.A.&Mishra,G.(2015).Psychology. Pearson Education Limited.ISBN-13: 9788131773444.	5	Lecture , Chalk and Duster	PG+SM
Unit:II	Intelligence: Concept of intelligence: Psychometric	Carr,A.(2011):Positivepsychology.Routledge.	3	Lecture , Chalk/Talk	PG

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	and cognitive approaches to intelligence;	Chadha,N.K.&Seth,S.(2014).ThePsychologicalRealm:AnIntroduction. Pinnacle Learning, New Delhi.	3		
	Gardner's multiple intelligences;	Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.	3		PG
	Sternberg's Triarchic Theory,	Sinha,D.,Misra,G.,&Dalal,A.K.(2015,September).PsychologyforIndia. SAGEPublications	3		
	Emotional Intelligence, Impact of Heredity and environment on individual difference in intelligence;	TheOxfordHandbookofPositivePsychology(SecondEdition).EditedbyShaneJ.Lopezand C.R.Snyder.Oxford LibraryofPsychology	3		SM
	Group differences in intelligence; Extremes of intelligence. b) Aptitude, Interest		3		PG
Unit:III	Enhancing individual's potential:Self-determination theory; Fostering creativity.	Matthijs Cornelissen, GirishwarMisra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson. Mentis,M.,Dunn-Bernstein,M.,Mentis,M.,&Skuy,M.(2009).Bridginglearning:Unlocking cognitive potential in and out of the classroom. Corwin.	10	Lecture , Chalk and Duster	DD

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		Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.			
Practicum	On Intelligence: Administration of Culture Fair Test of Cattell/Bhatia Battery	Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.	15	Lecture , Chalk and Duster	PG
	On Personality: Cattell, H. E. P. (2001). The Sixteen PersonalityFactor (16PF) Questionnaire.	Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.	15	Lecture , Chalk and Duster	SM

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SEMESTER 5: DEVELOPMENTAL PSYCHOLOGY					
Unit: I	Introduction: Concept of Human Development; Direction of Growth -Cephalocaudal and Proximodistal. Research Designs	Berk, L.E. (2010). Child Development (9th Ed.). New Delhi: Prentice Hall. Feldman, R.S. & Babu, N. (2011). Discovering the Lifespan. Pearson.	15	Lecture, Chalk and Duster	DD
Unit II	Domains of Human Development: Cognitive development: perspectives of Piaget and Vygotsky; Language Development; Emotional Development; Moral Development: Perspective of Kohlberg; Personality Development	Hurlock, E.B.: Developmental Psychology: A Life-Span Approach. McGraw Hill Education, Fifth Edition, 2001. Hurlock, E.B.: Child Development, McGraw Hill Education, Sixth Edition, 2005.	15	Lecture, Chalk and Duster	SM
Unit III	Socio-Cultural Contexts for Human Development: Family; Peers, Schooling & Media.	Papalia, D.E., Olds, S.W. & Feldman, R.D. (2006). Human development (9th Ed.). New Delhi: McGraw Hill. Santrock, J.W. (2011). Child Development (13th Ed.). New Delhi: McGraw Hill. Santrock, J.W. (2012). Life Span Development (13th Ed.). New Delhi: McGraw Hill. Saraswathi, T.S. (2003). Cross-cultural perspectives in Human Development: Theory, Research and Applications. New Delhi: Sage Publications. Srivastava, A.K. (1997). Child Development: An Indian Perspective. New	15	Lecture, Chalk and Duster	PG

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		Delhi.			
Practicum	Parent Child Relationship Scale: Rao, N. (1989). Manual for Parent Child Relationship Scale. National Psychological Corporation			Lecture , Chalk and Duster	SM SM
	Administration of Differential Aptitude Test			Lecture , Chalk and Duster	DD

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	<p>Choice of HA :One-Tailed and Two-Tailed Tests;</p> <p>Steps for Hypothesis Testing; The t Distribution; Characteristics of Student's Distribution of t;</p> <p>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.</p> <p>Interpreting the Results of Hypothesis Testing:</p> <p>A Statistically Significant</p>	<p>Mangal,S.K.(2012).<i>StatisticsinPsychology&Education</i>.(2ndEd).NewDelhi:PHIlearningPvt.Ltd.</p>	<p>15</p>	<p>Lecture , Chalk and Duster</p>	<p>DD</p> <p>DD</p> <p>DD</p>
			<p>15</p>	<p>Lecture , Chalk and Duster</p>	<p>DD</p>

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		<p>King, B.M. & Minium, E. W. (2007). <i>Statistical Reasoning in the Behavioral Sciences</i> (5th Ed). USA: John Willey.</p> <p>Kothari, C.R. (1990). <i>Research Methodology Methods and Techniques</i>. Wishwa Prakashan Calcutta, Second edition.</p> <p>Mangal, S.K. (2012). <i>Statistics in Psychology & Education</i>. (2nd Ed). New Delhi: PHI Learning Pvt. Ltd.</p>			
Practicum	1. On Computation of t test (Independent, Dependent) and U test	<p>Mangal, S.K. (2012). <i>Statistics in Psychology & Education</i>. (2nd Ed). New Delhi: PHI Learning Pvt. Ltd.</p> <p>Broota, K. D. (2017). <i>Experimental Design in Behavioural Research</i>, Delhi.</p> <p>Chadha, N.K. (1991) <i>Statistics for Behavioral and Social Sciences</i>. Reliance Publishers, New Delhi</p> <p>Das, D. & Das, A. (Latest edition). <i>Statistics in Biology and Psychology</i>. Academic Publishers, Calcutta.</p>		Lecture, Chalk and Duster	DD + PG

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Paper Name & Code: DSC

SEMESTER 5: RESEARCH METHODOLOGY II					
Unit I	<p>Basics of Research in Psychology: What is Psychological Research? The Goals of Psychological Research, Principles of Good Research, Ethics in Psychological Research. Paradigms of Research: Quantitative & Qualitative orientations towards research & their steps, Distinction between Qualitative & Quantitative Research orientations</p>	<p>Anastasi, A. & Urbina S. (1996). <i>Psychological Testing</i>, Pearson, First Edition. Bryman, A. (2004). <i>Quantity and Quality in Social Research</i>. Routledge.</p> <p>Chadha, N. K. (2009) <i>Applied Psychometry</i>. Sage Pub: New Delhi</p> <p>Dyer, C. (2001) <i>Research in Psychology: A Practical Guide to Research Methodology and Statistics (2Ed.)</i> Oxford: Blackwell Publishers</p> <p>Gregory, R. J. (2006). <i>Psychological Testing: History, Principles, and Applications (4Ed.)</i>. New Delhi: Pearson Education.</p> <p>Kerlinger, F. N. & Lee, H. B. (1999). <i>Foundations of Behavioural Research</i>. Wadsworth</p> <p>Kothari, C. R. (1990). <i>Research Methodology Methods and Techniques</i>. Wishwa Prakashan Calcutta, Second edition.</p>	5	Lecture , Chalk and Duster	SM
Unit III	<p>Methods of Data Collection: Brief mention of all the methods. Detailed understanding of Case</p>	<p>Neuman, W. L. (2006). <i>Social Research Methods: Qualitative and Quantitative Approaches (6Ed.)</i> Boston: Pearson Education.</p> <p>Singh, A. K. (1988). <i>Tests, Measurements and Research Methods In</i></p>	5	Lecture , Chalk and Duster	DD PG

