Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- IV

Paper- understanding Psychological Disorders-C8
Applied Social Psychology - C10

Batch - 2018 - 21

Months	Lesson Plan(Portion to be Completed)
Dec. 20	C8- The Concept of normality and abnormality Criteria and Classification
	C10 - Definition and Nature of Applied Social Psychology, Importance and Applications, Current status of Applied Social Psychology
Jan 21	C8 - Clinical Picture of Anxiety disorder and O.C.D, Somatoform disorder - Conversion and Hypochondriasis
	C-10 - Pollution : Air, water, Noise, Crowding Causes & Consequences
	MID - SEM - Exam
Feb 21	C8 - Manic Depressive Psychosis : Symptoms and etiology, Substance related disorder.
	C10 - Crime - Definition, Nature & Characteristics of Crime, Psychological, Biological, Socio - Cultural Correlation of Crime and Prevention.
March 21	C8 - Mental Retardation, Learning Disability.
	C10 - Corruption : Concept, Causes, Types and Controlling measures.
April 21 to May 21	C8 - Revision & Tests.
	C10 - Violence against women - Definition, Nature and Characteristics, Types, Causes, Consequences Legal Safe guard.
	SUMMER Vacation - 20th May to 19 June
JUNE 21	Revision & Test
	END - SEM - Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. P. P. Ashutosh

Year: Semester- IV

Paper- Emotional Intelligence & Effective Decision Making SEC2
Statistical Methods for Psychological Research - C9

Batch - 2018 - 21

Months	Lesson Plan(Portion to be Completed)
Jan 21	SEC2 - Definition of emotional, intelligence, Competencies, Self-awareness, Self regulation, Motivation, empathy and interpersonal skills, Importance
	MID - SEM Exam
	C-9 - Meaning of Correlation, Spearman's Rank order Correlation, Pearson Product moment method.
Feb 21	SEC2 - The relationship between emotion, thought and behaviour, techniques to manage emotions.
	C9 - Difference between two independent Means. Hypothesis Testing for Correlated Means.
March 21	SEC2 - What is decision making? Importance of making good decision in life.
	C9 - one way Analysis of variances (ANOVA)
April 21	SEC2 - Discovering self and creating a healthy acceptance of self. Learning to Connect with Self and vocational choices/career
	C9 - Chi-Square tests
May 21	Revision & Test
	SUMMER - VOCATION - 20th may to 19th June
June 21	Revision & Test
	END - SEM - Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr Kumari Rita

Year: Semester- V

Paper- HEATH Psychology - DSE2
understanding and Dealing with Psy. Disorders C11

Batch - 2018 - 21

Months	Lesson Plan(Portion to be Completed)
July 21	DSE2 - Components of health, social Emotional Cognitive and Physical, Mind-body relationship
	C11 - Nature, Type, Etiology and interventions for Schizophrenia.
August 21	DSE2 - Goal of Health Psychology, Bio Psycho - Social Model of health
	C11 - Conversion Disorder and Humanistic Existential Prespective in understanding Psychological disorder
Sep 21	MID - SEM - Exams
to Oct 21	DSE2 - characteristics of health behaviour, Theories of health behaviour, Barriers to health behaviour and their implications.
	C11 - Behavioural and Cognitive Explanation and intervention in Phobia.
Nov 21	DSE2 - Exercise, Nutrition, Safety, Stress Management, Happiness, life Satisfaction, Resilience,
to Dec 21	optimism and Hope.
	C11 - Depression and Eating Disorder, Family and group therapy.
	END - SEM - Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. P.P. Ashutosh

Year: Semester- V

Paper- Positive Psychology - DSE1
Developmental Psychology - C12

Batch - 2018 - 21

Months	Lesson Plan(Portion to be Completed)
July 21	DSE1 - Definition & Nature, Prospective of Positive Psychology, Western and Eastern Character Strength
	C12 - Concept of human development, Theories of human development - Piaget and Vygotsky.
August 21	DSE1 - Happiness and well-being, Positive emotions emotional intelligence, Resilience
to	C12 - Prenatal Development, Birth and infancy,
Sep 21	childhood, Adolescents, Adulthood and Elderly
	MID - SEM - Exam
& Oct 21	DSE1 - Self efficacy, optimism, Hope, Wisdom Flow, Mindfulness
	C12 - Cognitive development, language Development, Emotional development, Personality development
Nov 21	DSE1 - Application - Work, Education, Ageing Health.
to	C12 - Family, Peergroup - Media, Schooling, Human development in Indian Context.
Dec 21	Revision
	END - SEM Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- VI (Six)

Paper- Stress Management (DSE4)
Counselling Psychology (C14)

Batch: 2018-21

Months	Lesson Plan(Portion to be Completed)
April 21	DSE-4 Nature and Symptoms of stress. C-14 - Meaning & Nature and goals.
	Counseling as Profession characteristics of effective Counselor, Status of effective Counseling
May 21	DSE4 - Environmental, Social, Physical and Psychol C 14 - Building Counseling relationship
June 21	DSE4 SUMMER - Vocation) Effect of Stress on health - Mental and Physical. C14 - working in a Counseling relationship, Closing Counseling relationship
	MID - SEM Exam
July 21	DSE4 - Methods yoga, Meditation C14 - Psychoanalytic, Humanistic
August 21 to Sep 21	DSE4 - Relaxation Technique - Problem Focus & Emotional Focus approach C14 - Cognitive Techniques, child Counselling School & Colleges, Family, Career, Crisis inter Vention - Suicide, Grief, and Sexual Abuse.
Oct 21	END SEM Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. P. P. Ashutosh

Year: Semester- VI

Paper: Community Psychology (DSE 3)
Organizational Behaviour C13

Batch : 2018-21

Months	Lesson Plan(Portion to be Completed)
April 21	DSE 3 - Defination of Community Psychology, Types of Models C 13 - Nature, definition and scope. Historical Prospective
May 21	DSE 3 - Individual and family wellness, Sense of Community. C 13 - Contemporary trends and challenges. employee attitude and Job Satisfaction, work motivation, Job involvement.
June 21	MID - SEM Exam DSE 3 - Respect for human diversity, Social Justice Empowerment
July 21	C 13 - Basic Approaches - Trait theory, Behavioural theory, Contigency theory
Aug 21 to Sep 21	DSE 3 — Process of Community organization for health, Promotion, importance, Community Programe for child and Maternal health, Physical challenged and old aged Person in Indian Context C 13 Indian Perspective on leadership, Stress in organization, Nature, effect Sources, and Techniques for managing Stress DSE 3 - Community Development, empowerment Case Studies in Indian Context.

Oct 21 - END SEM Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- III

Paper- Development of Psychological Thoughts - C5
Psychological Research - C6
Social Psychology - C7

Batch : 2019-22

Months	Lesson Plan(Portion to be Completed)
July 20	C-5 - classical School - structuralism, Functionalism.
	C6 - Definition & objectives of Psychological Research Quality of a good research
	C7 - Nature and Scope of Social Psychology, History of social Psychology, Relationship of Social Psychology with Sociology & Anthropology.
Aug 20	C-5 - Behaviourism, Neo Behaviourism, Gestalt school
	C-6 - Ethics of Psychological Research, Types : Qualitative and Quantitative orientation and their Steps
	CC-7 - Current status of Social Psychology in India, Special reference of Jharkhand - Nature and definition of Attitude, Attitude - Formation
Sep 20	C-5 - Freud, Adler, Jung
	C-6 Formulation of research Proposal and develop testable hypothesis / research questions
	C-7 Factor responsible for Attitude change
	MID - SEM - Exam
oct 20 to November 20	C5 - Feminism, Development of Psychology in India (Special reference to Jharkhand)
	C6 - Sampling, Method of Data Collection, Psychological Testing
	C7 - Social Perception, Pro-social Behaviour, Group Nature, Type, function, Prejudice - Nature & determinants
	END - SEM - EXAM

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. P.P. Ashutosh

Year: Semester- V

Paper- Positive Psychology - DSE 1
Developmental Psychology - C 12

Batch : 2019-22

Months	Lesson Plan(Portion to be Completed)
July 21	DSE 1 - Definition & Nature, Prospective of Positive Psychology, Western and Eastern character Strength
	C 12 - Concept of human development, Theories of human development - Piaget and Vygotsky.
August 21	DSE 1 - Happiness and well-being, Positive emotions
to	emotional intelligence, Resilience
	C 12 - Prenatal Development, birth and infancy,
Sep 21	childhood, Adolescents, Adulthood and Elderly
	MID - SEM - Exam
&	DSE 1 - Self efficacy, optimism, Hope, Wisdom
Oct 21	Flow, Mindfulness
	C 12 - Cognitive development, language Development, Emotional development, Personality development
Nov 21	DSE 1 - Application - Work, Education, Ageing
to	Health.
Dec 21	C 12 - Family, Peergroup - Media, Schooling, Human development in Indian Context.
	Revision
	END - SEM Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- V

Paper- HEATH Psychology - DSE2
understanding and Dealing with Psy. Disorders C11

Batch : 2019 - 22

Months	Lesson Plan(Portion to be Completed)
July 21	DSE2 - Components of health, social Emotional Cognitive and Physical, Mind-body relationship
	C11 - Nature, Type, Etiology and interventions for Schizophrenia.
August 21	DSE2 - Goal of Health Psychology, Bio Psycho - Social Model of health
	C11 - Conversion Disorder and Humanistic Existential Prospective in understanding Psychological disorder
Sep 21 to Oct 21	MID - SEM - Exam
	DSE2 - characteristics of health behaviour, Theories of health behaviour, Barriers to health behaviour and their implications.
	C11 - Behavioural and Cognitive Explanation and intervention in Phobia.
Nov 21 to Dec 21	DSE2 - Exercise, Nutrition, Safety, Stress Management, Happiness, life Satisfaction, Resilience, optimism and Hope.
	C11 - Depression and Eating Disorder, Family and group therapy.
	END - SEM - Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. P. P. Ashutosh

Year: Semester- IV

Paper- Emotional Intelligence & Effective Decision Making SEC2
Statistical Methods for Psychological Research - C9

Batch : 2019-22

Months	Lesson Plan(Portion to be Completed)
Jan 21	SEC2 - Definition of emotional, Intelligence, Competencies, Self-awareness, Self regulation, Motivation, empathy and interpersonal skills, Importance
	MID-SEM Exam
	C-9 - Meaning of Correlation, Spearman's Rank order Correlation, Pearson Product moment method.
Feb 21	SEC2 - The relationship between emotion, thought and behaviour, techniques to manage emotions.
	C9 - Difference between two independent Means - Hypothesis Testing for Correlated Means.
March 21	SEC2 - What is decision making? Importance of making good decision in life.
	C9 - one way Analysis of variances (ANOVA)
April 21	SEC2 - Discovering self and creating a healthy acceptance of self: Learning to Connect with self and vocational choices/career
	C9 - chi-square tests
May 21	Revision & Test
	SUMMER - VOCATION - 20th may to 19th June
June 21	Revision & Test
	END - SEM - Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- IV

Paper- Understanding Psychological Disorders-C8
Applied Social Psychology - C10

Batch : 2019-22

Months	Lesson Plan(Portion to be Completed)
Dec. 20	C8- The Concept of normality and abnormality Criteria and Classification
	C10 -Definition and Nature of Applied Social Psychology, Importance and Applications, Current status of Applied Social Psychology
Jan 21	C8 -Clinical Picture of Anxiety disorder and O.C.D. Somatoform disorder - Conversion and Hypochondriasis
	C-10 - Pollution : Air, water, Noise, Crowding Causes & Consequences
	MID - SEM - Exam
Feb 21	C8 - Manic Depressive Psychosis : Symptoms and etiology, Substance related disorder.
	C10 - Crime, Definition, Natural Characteristics of Crime, Psychological, Biological, Socio - Cultural Correlations of Crime and Prevention.
March 21	C8 - Mental Retardation, Learning Disability.
	C10 - Corruption: Concept, Causes, Types and Controlling measures.
April 21	C8 - Revision & Tests.
to	C10 - Violence against women - Definition, Nature and Characteristics, Types, Causes, Consequences Legal Safe guard.
May 21	SUMMER Vocation - 20th May to 19 June
JUNE 21	Revision & Test
	END - SEM - Exam

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- I & II

Paper- Introduction To Psychology - C1
Bio - Psychology - C3

Batch: 20-23

Months	Lesson Plan(Portion to be Completed)
November 20	CC-1- Definition and Subject-matter of Psychology Method of Psychology - Observation, Experimental
Dec. 20	Branches of Psychology, Perception - Nature and Process of Perception.
Jan-21	CC-1 MID-SEM Exam
Jan & Feb. 21	CC-1 - Illusion and Hallucination - Types & Causes Determinants of Perception Perceptual organization
March 21	CC1 - Meaning and nature of Learning. Learning Curve & Method of Learning.
April 21	CC1 - Theories of Leaning: Thorndike Connectionism Pavlov's Conditioning, Kohler Koffka's Insight theory
May 21	CC1 - Meaning and Nature of memory. CC-1 Summer Vacation: 20 May to 19 June
June & July 21	Concept of Ebbinghaus and Bartlett. Atkinson and Shiffrin Model of memory.
August 21	Types of Memory: Sensory memory Short Term memory (STM) and Long Term memory (LTM)
September 21	Factor improving memory, Forgetting - Nature & Causes- End Sem Exam
october 21	CC-3, - Nature and Subject - Matter of Bio Psychology, Methods of Bio Psychology
Nov & Dec 21	Neurons: Structure and functions of Neurons. CC-3 - Methods of Bio-Psychology, Neural Conduction and Synaptic transmission
	CONTINUE

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021
Department of Psychology

Name of the teacher: Dr. P. P. Ashutosh

Year: Semester- I & II

Paper- Statistical Methods for Psychological Research-I (C2)
Psychology of Individual Differences - C4

Batch - 20-23

Months	Lesson Plan(Portion to be Completed)
Jan - 21	CC-2 Meaning and nature of Psychological Research, Relevance of Statistics in Psy. Research.
Feb - 21	CC-2, MID - SEM Levels of Measurement, Histogram, Polygon
March 21	uses and limitations of Mean, Median, Mode. CC-2,
April 21	Calculation of Mean, Median, Mode
May 21	Properties and Calculation of Range - CC2 Summer Vocation : 20 May to 19 June
June 21	Quartile Deviation (QD), Average Deviation (AD)
July 21	and CC2 - Standard Deviation (SD)
August-21	Revision & Test
September	CC-4 End Sem Exam
october 21 & Nov 21	Personality: Meaning & Nature of Personality, Biological foundation of Personality, Sociological & Cultural factors of Personality.
Dec 21	Psychodynamic and humanistic approaches. CC4 - Concept of Intelligence, Effect of heridity and environment of Intelligence, Emotional Intelligence.
	CONTINUE

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. Kumari Rita

Year: Semester- I

Paper- C1 (Introduction To Psychology)

Batch - 2021-24

Months	Lesson Plan(Portion to be Completed)
December21	UNIT: 1 Introduction - Definition and Subject-matter of Psychology. Method of Psychology Observation, Experimental, Branches of Psychology.
	CONTINUE

Signature of the Teacher

Signature HOD

Academic Calendar for the session 2020-2021

Department of Psychology

Name of the teacher: Dr. P. P. Ashutosh

Year: Semester- I

Paper- C2 (Statistical Methods for Psychological Research)

Batch - 2021-24

Months	Lesson Plan(Portion to be Completed)
December 21	UNIT: 1 Introduction - Meaning & Nature of Psychological Research. Relevance of Statistics in Psychological Research, Level of Measurment.
	CONTINUE

Signature of the Teacher

Signature HOD