

## RAM LAKHAN SINGH YADAV COLLEGE RANCHI

### Proposed Academic Calender of Department of Psychology

Name of the Teacher: Dr. Kumari Rita and Dr. P.P.Ashutosh

Year UG Semester: 1 (2020-2023)

Months	Lesson Plan (Theory and Practical) portion of the curriculum.	Status of chapters complete
July 2021	CC1--INTRODUCTION TO PSYCHOLOGY Theory: Unit-I: Introduction • Definitions and subject matter of Psychology. • Methods of Psychology: Observation } Experimental • Branches of Psychology. CC2---Unit-I: Introduction • Meaning & nature of psychological research. • Relevance of statistics in psychological research. • Levels of measurement. And practical classes.	Complete
August 2021	CC1—Unit-II: Perception • Nature & process of perception. • Illusion and Hallucination- types & causes. • Determinants of perception. • Perceptual organization CC2---Unit-II: Graphical representation of frequency distributions • Histogram. • Frequency Polygon. And practical classes.	complete
Sep.2021	CC1--Unit-III: Learning • Meaning and nature of learning. Learning curve& methods of learning. • Theories of learning. } Thorndike's Connectionism. } Pavlov's conditioning. } Kohler & Koffka's Insight theory cc2-- Unit-III: Measures of central tendency • Uses and limitations of Mean, Median and Mode. • Calculation of Mean, Median and Mode. And practical classes. CC1---unit-IV: Memory & Forgetting • Meaning and Nature of memory: Concept of Ebbinghaus and Bartlett. • Atkinson and Shiffrin Model of memory. • Types of memory: Sensory Memory, Short Term Memory (STM) and Long term Memory (LTM). • Factors improving memory. • Forgetting: Nature and causes.	Complete  Complete

	<p>Cc2---Unit-IV: Measurement of variability • Properties and calculation of Range, Quartile Deviation (Q.D), Average Deviation (A.D.) and Standard Deviation (S.D.).And practical classes. Revision and test</p> <p style="text-align: center;"><b>(2020-23) Sem2</b></p>	
<b>October2021</b>	<p>Cc3-BIOPSYCHOLOGY Unit-I: Introduction to Bio-Psychology • Nature and subject matter of Bio-Psychology. • Methods of Bio-Psychology Cc4--PSYCHOLOGY OF INDIVIDUAL DIFFERENCES Theory: Unit-I: Personality • Meaning &amp; nature of personality • Biological foundation of personality • Socio logical &amp; Cultural factors of personality • Psychodynamic and humanistic approaches and practical classes.</p>	<b>Complete</b>
<b>November21</b>	<p>Cc3--Unit-II: Neurons • Structure and functions of Neurons. • Neural conduction and synaptic transmission. Cc4-Unit-II: Intelligence • Concept of intelligence • Effect of heredity and environment on intelligence • Emotional intelligence and practical classes.</p>	<b>Complete</b>
<b>December21</b>	<p>CC3--Unit-III: Nervous Systems Structure and functions of: • Central Nervous System (CNS) • Peripheral Nervous System (PNS) • Autonomic Nervous system (ANS) Unit-IV: Neuro-Endocrine System • Structure, functions and abnormalities of major endocrine glands Cc4---Unit-III: Self Identity • Indian approach to self-identity.</p>	<b>Complete</b>
<b>January2022</b>	<p>CC3--- Unit-IV: Neuro-Endocrine System • Structure, functions and abnormalities of major endocrine glands Cc4---. Unit-IV: Thinking and Individual • Meaning &amp; nature of thinking • Central &amp; central-peripheral theory of thinking • Creative thinking and practical classes.</p>	<b>Complete</b>
<b>Feburary22</b>	Revision , practical and test	
	<b><i>Sem 3 session 2020-2023</i></b>	
<b>March and April 22</b>	<p>CC5-DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS Unit-I: Understanding Psyche • Classical schools } Structuralism } Functionalism. CC6-PSYCHOLOGICAL RESEARCH Theory: 60 Lectures Unit-I: Bases of research in psychology • Definitions &amp; objectives of psychological research. • Qualities of a good research • Ethics in psychological research. • Types: } Quantitative and Qualitative orientation and their steps. } Formulation of research proposals and developing testable hypotheses/research questions.</p>	<b>Complete</b>

	Cc7-SOCIAL PSYCHOLOGY Theory: Unit-I: Introduction • Nature and scope of social psychology • History of social psychology • Relationship of Social psychology with Sociology and Anthropology • Current status of Social Psychology in India with special reference of Jharkhand.and practical classes.	
<b>May 22</b>	Cc5-Unit-II: Positive Orientation • Behaviourism • Neo Behaviourism • Gestalt School Cc6--Unit-II: Sampling } Nature & definition } Types of Sampling Cc7--t-II: Attitude • Nature and definitions • Formation of attitude • Factors responsible for attitude change and practical classes.	<b>Complete</b>
<b>June &amp; July 22</b>	Cc5-- Unit-III: Psychoanalytic and Humanistic Existential Orientation • Freud • Adler • Jung Unit-IV: Contemporary Development • Feminism. • Development of psychology in India (special reference to Jharkhand). Cc6--Unit-III: Methods of Data Collection • Observation • Interview • Questionnaire, and • Case study. Unit-IV: Psychological Testing • Characteristics of test • Reliability • Validity • Norms and • Standardization. Cc7-Unit-III: Social Interaction and Influences • Social perception – Nature, factors affecting social cognition. • Pro-Social behaviour – Nature, factors developing pro-social behaviour. Unit-IV: Group Dynamics and Inter Group Relations • Nature of Groups • Types and function of group • Prejudice-Nature & determinants (Sociological, Psychological) and practical classes.	<b>Complete</b>
	<b>Session-(2021-2024) sem 1</b>	
<b>November 2021 to march 2022</b>	CC1--INTRODUCTION TO PSYCHOLOGY Theory: Unit-I: Introduction • Definitions and subject matter of Psychology. • Methods of Psychology: Observation } Experimental • Branches of Psychology. CC2---Unit-I: Introduction • Meaning & nature of psychological research. • Relevance of statistics in psychological research. • Levels of measurement. And practical classes	<b>Complete</b>
<b>April 22 to May 2022</b>	Cc1—Unit-II: Perception • Nature & process of perception. • Illusion and Hallucination- types & causes. • Determinants of perception. • Perceptual organization CC2---Unit-II: Graphical representation of frequency distributions • Histogram. • Frequency Polygon. And practical classes	<b>Complete</b>

<p style="text-align: center;"><b>June22 to Sept 22</b></p>	<p>Cc1--Unit-III: Learning • Meaning and nature of learning. Learning curve&amp; methods of learning.  • Theories of learning. } Thorndike’s Connectionism.  } Pavlov’s conditioning. } Kohler &amp; Koffka’s Insight theory  cc2-- Unit-III: Measures of central tendency • Uses and limitations of Mean, Median and Mode.  • Calculation of Mean, Median and Mode. And practical classes.  CC1---unit-IV: Memory &amp; Forgetting • Meaning and Nature of memory: Concept of Ebbinghaus and Bartlett. • Atkinson and Shiffrin Model of memory. • Types of memory: Sensory Memory, Short Term Memory (STM) and Long term Memory (LTM). • Factors improving memory. • Forgetting: Nature and causes.  Cc2---Unit-IV: Measurement of variability • Properties and calculation of Range, Quartile Deviation (Q.D), Average Deviation (A.D.) and Standard Deviation (S.D.).And practical classes.  Revision and test</p>	<p style="text-align: center;"><b>Complete</b></p>
<p><b>Session: 2019-22 (sem-3)</b></p>		
<p style="text-align: center;"><b>july21to Aug2021</b></p>	<p>CC5-DEVELOPMENT OF PSYCHOLOGICAL THOUGHTS  Unit-I: Understanding Psyche • Classical schools } Structuralism } Functionalism.  CC6-PSYCHOLOGICAL RESEARCH Theory: Unit-I: Bases of research in psychology • Definitions &amp; objectives of psychological research. • Qualities of a good research • Ethics in psychological research. • Types: } Quantitative and Qualitative orientation and their steps. } Formulation of research proposals and developing testable hypotheses/research questions.  Cc7-SOCIAL PSYCHOLOGY Unit-I: Introduction • Nature and scope of social psychology • History of social psychology • Relationship of Social psychology with Sociology and Anthropology • Current status of Social Psychology in India with special reference of Jharkhand. and practical classes.  Cc5-Unit-II: Positive Orientation • Behaviourism • Neo Behaviourism • Gestalt School  Cc6--Unit-II: Sampling } Nature &amp; definition } Types of Sampling  Cc7--t-II: Attitude • Nature and definitions  • Formation of attitude • Factors responsible for attitude change and practical classes.</p>	<p style="text-align: center;"><b>Complete</b></p> <p style="text-align: center;"><b>Complete</b></p>

<p><b>Sept. 21 To Oct. 21</b></p> <p><b>Nov 2021</b></p>	<p>Cc5-- Unit-III: Psychoanalytic and Humanistic Existential Orientation • Freud • Adler • Jung Unit-IV: Contemporary Development • Feminism. • Development of psychology in India (special reference to Jharkhand).</p> <p>Cc6--Unit-III: Methods of Data Collection • Observation • Interview • Questionnaire, and • Case study. Unit-IV: Psychological Testing • Characteristics of test • Reliability • Validity • Norms and • Standardization.</p> <p>Cc7-Unit-III: Social Interaction and Influences • Social perception – Nature, factors affecting social cognition. • Pro-Social behaviour – Nature, factors developing pro-social behaviour. Unit-IV: Group Dynamics and Inter Group Relations • Nature of Groups • Types and function of group • Prejudice-Nature &amp; determinants (Sociological &amp; Psychological)and practical classes.</p>	<p><b>Complete</b></p> <p><b>Complete</b></p>
<p><b>Session -2019 -22 B.A. Sem 4</b></p>		
<p><b>Dec. 2021 To Feb 2022</b></p>	<p>SEC-EMOTIONAL INTELLIGENCE &amp; EFFECTIVE DECISION MAKING Unit-I: Introduction: Definition, Models of emotional intelligence; Competencies; Self awareness, self-regulation, motivation, empathy and interpersonal skills; Importance of emotional intelligence. Unit-II: Managing emotion: The relationship between emotion, thought and and behaviour to manage emotions</p> <p>cc-8 UNDERSTANDING PSYCHOLOGICAL DISORDERS Unit-I: Normality and Abnormality • The concept of normality and abnormality. • Criteria and classification. Unit-II: Clinical Pictures and Etiology • Clinical picture of Anxiety disorders and Obsessive compulsive disorder. • Somatoform Disorders: conversion Disorder Hypochondriasis behaviour,</p> <p>cc9-STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH-II Unit-I: Correlation • Meaning of correlation • Spearman’s Rank Order correlation. • Pearson’s product moment method of correlation.</p> <p>CC10-APPLIED SOCIAL PSYCHOLOGY Theory: 60 Lectures Unit-I: Introduction • Definitions and Nature of Applied Social Psychology. • Importance and applications of Applied Social Psychology. • Current status of Applied Social Psychology. Related practical also done.</p>	<p><b>Complete</b></p>

<p align="center"><b>March22 To May 2022</b></p>	<p>SEC-Unit-III: Introduction: What is decision making? Importance of making good decision of life. Unit-IV: Decision regarding Career, Discovering self and creating a healthy acceptance of self; Learning to connect with self and vocational choices / career. Cc8--Unit-III: Manic-Depressive Psychosis • Symptoms and etiology ,substance related disorder. Cc9-Unit-II: Hypotheses Testing • Difference between two independent means (uncorrelated). • Hypothesis testing for Correlated means. . CC10-Unit-II: Psychology and Environment • Pollution: Air , Water , Noise , Crowding , Causes and consequences .related practical also done.</p>	<p align="center"><b>Complete</b></p>
<p align="center"><b>June 2022</b></p>	<p>Cc8-Unit-IV: Disorders Related to Development • Mental Retardation ,learning Disability cc9-Unit-3-.ANOVA,CHI-SQUARE TEST. CC10-Unit-III: Psychology of Crime and Corruption • Crime: Definitions, nature and characteristics of crime. Psychological, Biological and Socio-cultural correlates of crime and preventive measures. • Corruption: Concept, causes, types and controlling measures. Unit-IV: Violence against Women • Definitions, nature and characteristics. • Types, causes and consequences • Legal safe guards. Related practical also done.</p>	<p align="center"><b>Complete</b></p>
	<p align="center"><b>Session (2018-21) B.A. Sem 5</b></p>	
<p align="center"><b>July 2021</b></p>	<p>DSE-1-POSITIVE PSYCHOLOGY Unit-I: Introduction :Definition &amp; Nature, Perspectives of positive Psychology; Western and Eastern, Character Strength. nit-II: Positive Emotional States and Processes: Happiness and well being,positive emotions emotional intelligence, Resilience DSE2-HEALTH PSYCHOLOGY Unit-I: Introduction to Health psychology: Components of health; Social, Emotional cognitive and physical, Mind-body relationship, Goal of Health psychology, Bio-psycho-social Models of health. Unit-II: Behaviour and Health: Characteristics of health behaviour; Theories of health behaviour, Barriers to health behaviour, and their implications CC11-UNDERSTANDING AND DEALING WITH PSYCHOLOGICAL DISORDERS Unit-I: Nature, Type, Etiology and Interventions for Schizophrenia Unit-II: Psychoanalytic Perspective Conversion disorder and; Humanistic- Existential Perspective in understanding Psychological disorder. CC12-DEVELOPMENTALPSYCHOLOGYUnit-I: Introduction • Concept of human development • Theories of human development: } Piaget and Vygotsky Unit-II: Stage of Life Span Development Prenatal Development, Birth and Infancy, Childhood,</p>	<p align="center"><b>Complete</b></p> <p align="center"><b>Complete</b></p>

	Adolescents, Adulthood and Elderly. Related practical also done.	
<b>Aug.2021</b>	<p>DSE-1-Unit-III: Positive Cognitive States and Processes: Self efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness. Unit-IV: Application – Work, Education, Ageing, Health.</p> <p>DSE-2-Unit-III: Health Enhancing Behaviour: Exercise, Nutrition, Safety, Stress Management. Unit-IV: Health and Well Being: Happiness, Life satisfaction; Resilience, Optimism, and Hope.</p> <p>CC11-nit-III: Behavioural and Cognitive Explanation and Intervention in Phobia, Depression and Eating Disorder Unit-IV: Family and Group Therapy.</p> <p>CC12--Unit-III: Domains of Human Development: Nature and Characteristics • Cognitive development • Language development • Emotional development • Personality development Unit-IV: Socio-Cultural Context for Human Development • Family • Peer group • Media and schooling • Human Development in Indian context. Related practical also done.</p>	<b>Complete</b>
	<b>Session (2018-21 ) B.A Sem 6</b>	
<b>Sep.21</b>	<p><b>DSE3-COMMUNITYPSYCHOLOGY</b>Unit-I: Introduction: Definition of Community psychology, Types of Models. Unit-II: Core-Values: Individual and family wellness; Sense of Community. Respect for human diversity; Social justice, Empowerment</p> <p><b>DSE4-STRESS MANAGEMENT</b> Theory: 60 Lectures Unit-I: Introduction: Nature and symptoms of stress. Unit-II: Various sources of stress: Environmental, Social, Physical and psychological.</p> <p><b>Cc13-ORGANIZATIONALBEHAVIOUR</b>Unit-I: Introduction • Nature, definition and Scope • Historical perspective • Contemporary trends and challenges Unit-II: Introduction of Work Related Attitudes and Work Motivation• Employee attitude and job satisfaction • Work motivation • Job involvement.</p> <p><b>Cc14-COUNSELLING PSYCHOLOGY</b> Unit-I: Introduction • Meaning &amp; nature and goals • Counselling as profession • Characteristics of effective counsellor • Status of effective counselling in India Unit-II: Counselling Process • Building counselling relationship • Working in a counselling relationship • Closing counselling relationship .related practical also done.</p>	<b>Complete</b>
	<b>DSE3-</b> Unit-III: Health Promotion: Process of Community organization for health- promotion, Importance, Community Programme for child and maternal health, Physical challenged and old aged person in Indian context. Unit-IV: Interventions: Community Development and empowerment, Case Studies in Indian context.	

<p style="text-align: center;"><b>Oct.21</b></p>	<p>DSE4-Unit-III: Stress &amp; Health: Effect of stress on health-mental and physical. Unit-IV: Managing stress: Methods -yoga, Meditation, Relaxation, Technique-Problem focus &amp; emotion focus approach.</p> <p>Cc13-Unit-III: Leadership • Basic Approaches } Trait theory } Behavioural theories and } Contingency theories • Indian perspective on leadership Unit-IV: Dynamics of Organizational Behaviour • Stress in Organization: } Nature, Effect, sources and Techniques for managing stress.</p> <p>Cc14-nit-III: Techniques of Counselling Psychoanalytic, Humanistic, Behavioural and cognitive techniques; Unit-IV: Applications of Counselling } Child counselling school &amp; colleges } Family counselling } Career • Crisis Intervention- Suicide, Grief and Sexual Abuse. Related practical also done.</p>	<p style="text-align: center;"><b>Complete</b></p>
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