### LORETO COLLEGE TIME PLAN

July (August) 2024-December 2024

Name of the teacher: DR. JHELUM PODDER

**Initials:** JP

### **Teaching Objective:**

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

### 1<sup>st</sup> Semester Topic-wise Time Plan- Major

Topics	Hours	Topics	Teaching	Learning	Assessment
	allotted	(as per curriculum)	method	outcome (output)	
1	2	DSC: Introduction to Psychology. Unit 1: (b) Brief Concepts of Schools of Psychology: Structuralism & Gestalt	Lecture, and Discussion	Basic understanding of the different philosophies of psychology	Assessment,
2	4	DSC: Introduction to Psychology. Unit 2: (a) Attentional Processes: Nature of Attention, Determinants of Attention, Shift, Oscillation, Fluctuation and distraction, theories of attention	Lecture, Demonstrati on, and Discussion	Knowledge of the definitions, concept, nature, determinants of attentional process and its different phenomenon	Internal Assessment, Internal Examinations
3	8	DSC: Introduction to Psychology: Practicum 1:  Fluctuation of Attention	Lecture, Demonstrati on and Hands-on Work	Understanding the concept of fluctuation through experiment and usage of instrument.	Assessment, Internal
4	15	SEC: Stress Management: Unit 2: Stress and health: Effects of stress on health, eustress	Lecture and discussion	Understanding various effects of stress on physical and mental life.	Continuous Internal Assessment, Internal Examinations and

					University
					Examinations
5	10	<b>SEC:</b> Stress Management:	Hands-on	Understanding	Continuous
		Practicum 1:	Work	the concept of	Internal
				stress perception	Assessment,
		Administration of Perceived		through self-	Internal
		Stress Scale		administered test.	Examinations
					and
					University
					Examinations

# 1<sup>st</sup> Semester Topic-wise Time Plan- Minor DSC: Introduction to Psychology

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	5	MN 1: Introduction to Psychology. Unit 1:  (a) Introduction: Nature, definition, scope and branches of Psychology, Methods: Observation, Experimentation, Interview, Field Study, Correlational Method	Lecture, Demonstration, and Discussion	Knowledge about the history of psychology its methods and scope.	Continuous Internal Assessment, Internal Examinations and University Examinations .
2	2	MN 1: Introduction to Psychology. Unit 2: (a) Attentional Processes: Nature of Attention, Determinants of Attention, Shift, Oscillation, Fluctuation and distraction, theories of attention	Lecture, Demonstration, and Discussion	Knowledge of the definitions, concept, nature, determinants of attentional process and its different phenomenon	Continuous Internal Assessment, Internal Examinations and University Examinations
3	10	DSC: Introduction to Psychology: Practicum 1:  Fluctuation of Attention	Lecture, Demonstration and Hands-on Work	Understanding the concept of fluctuation through experiment and usage of instrument.	Continuous Internal Assessment, Internal Examinations and University Examinations

### TIME PLAN July 2024-December 2024

Name of the teacher: DR. SAYANTANI CHATTERJEE

**Initials: Teaching Objective:** 

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

1<sup>st</sup> Semester Topic-wise Time Plan- Major DSC: Introduction to Psychology

<b>Topics</b>	Hours	Topics	Teaching	Learning	Assessment
	allotted	(as per curriculum)	method	outcome	
				(output)	
1	4	DSC:	Lecture and	Knowledge of	Continuous
		Introduction to David alogue	Discussion	the	Internal
		Introduction to Psychology:		fundamentals	Assessment,
				of research	Internal
		TT 44 4 1 TT 1 1 1 1 1 1 1 1 1 1 1 1 1 1		methodology	Examinations
		Unit 1d: Variables and their			and
		classifications. Independent,			University
		Dependent and Controlling of Variables			Examinations
2	4+5=9	DSC:	Lastura	Understanding	Continuous
2	4+3-9	DSC:	Lecture, Discussion and	Understanding and learning to	Internal
		Introduction to Psychology:	Demonstration	apply	Assessment,
			Bemonstration	fundamental	Internal
				statistics	Examinations
		Unit 3a: Processing of Data:		~	and
		Tabulation, Classification and			University
		Frequency Distribution of Data;			Examinations
		Plotting of Graph: Polygon,			
		Histogram and Ogive.			
		Unit 3c: Normal Probability			
		Curve: Properties and			
		Application.			
3	_	DSC:	Lecture and	Understanding	Continuous
		Introduction to Dorobala	Demonstration.	the application	
		Introduction to Psychology:	Experiential	of statistics to	Assessment,
			learning	research data	
		<b>D</b>		and its	Examinations
		Practicum: D) Graphical		interpretation.	and
		Representation: Frequency			University

		Polygon, Histogram and Ogive.				Examinations
4	15	SEC:	Lecture	and	Gaining	Continuous
		~	Discussion		knowledge	Internal
		Stress Management:			about different	Assessment,
					schools of	Internal
					thought	Examinations
		<u>Unit 1:</u> Stress: Introduction,				and
		Nature of Stress, Symptoms of				University
		Stress; Various Factors of Stress:				Examination
		environmental, social,				
		physiological, psychological.				

## 1<sup>st</sup> Semester Topic-wise Time Plan- IDC Psychological Perspectives in Education

Topics	Hours	Topics	Teaching	Learning	Assessment
	allotted	(as per curriculum)	method	outcome	
				(output)	
1		IDC:	Lecture and	$\mathcal{C}$	Continuous
	8+7=15	Human Resource Management:	Discussion	fundamentals of Human Resource	Internal
		Unit 1a: Introduction to Human Resource Management (HRM): HRM and HRD, Context and issues in HRM.		Management as a subdiscipline of Organizational Behaviour.	Examinations and University Examinations
		Unit1b:HumanResourcePractices:JobAnalysis;RecruitmentandSelection;Training			

## 1<sup>st</sup> Semester Topic-wise Time Plan- Minor DSC: Introduction to Psychology

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome	Assessment
				(output)	
1	4	DSC:	Lecture and	Knowledge of	Continuous
		D	Discussion	the	Internal
		Introduction to Psychology:		fundamentals	Assessment,
				of research	Internal
				methodology	Examinations
		<u>Unit 1d:</u> Variables and their			and
		classifications. Independent,			University

		Dependent and Controlling of Variables			Examinations
2	4+5=9	DSC: Introduction to Psychology:  Unit 3a: Processing of Data: Tabulation, Classification and Frequency Distribution of Data; Plotting of Graph: Polygon, Histogram and Ogive.	Lecture, Discussion and Demonstration	Understanding and learning to apply fundamental statistics	Continuous Internal Assessment, Internal Examinations and University Examinations
		Unit 3c: Normal Probability Curve: Properties and Application.			
3	_	DSC:  Introduction to Psychology:  Practicum: D) Graphical Representation: Frequency Polygon, Histogram and Ogive	Lecture and Demonstration. Experiential learning	Understanding the application of statistics to research data and its interpretation.	Assessment,

### TIME PLAN July 2024-December 2024

Name of the teacher: DR. DINAZ R. JEEJEEBHOY

Initials: DJ

### **Teaching Objective:**

- To generate interest and love for the subject
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- To prepare students for higher education and practical application of their knowledge

### 1<sup>st</sup> Semester Topic-wise Time Plan- Major

Topics	Hours	Topics	Teaching	Learning outcome	Assessment
	allotted	(as per curriculum)	method	(output)	
1	2 (Th)	DSCC-1: Introduction to Psychology. Unit 1 (c) Need for quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval, Ratio	Lecture and Discussion	Understanding the need for measurement and measurement variables, their application in the field of Psychology	Continuous Internal Assessment, Internal Examinations and University Examinations .
2	7 (Th)	DSCC-1: Introduction to Psychology. Unit 2 (b): Sensation and Perception: Introduction to Psychophysics, Concept of sensory thresholds, Weber- Fechner Law, Classical Methods: Gradation, Constant and average error.	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of sensation, perception and psychophysics along with a general idea of its various laws, methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations .
3	15 (Pr)	DSCC-1: Introduction to Psychology. Unit 1: Introduction to Psychology: Practicum (b) Reiz Limen (RL)	Lecture and Demonstra tion	To provide an understanding about the underlying theoretical constructs, be able to conduct the practicum and justify the method used, know about the instrument used and be able to explain the findings	Continuous Internal Assessment, Internal Examinations and University Examinations .

				and link the findings with the theory.	
4	15 (Th)	SEC 1: Stress Management: Unit 3: Managing Stress: Methods, Yoga, meditation, relaxation techniques, problem focussed and emotion focussed approaches.	Lecture and Demonstra tion.	Understanding the basics of the different methods of managing stress.	Continuous Internal Assessment, Internal Examinations and University Examinations .
5	10 (Pr)	SEC 1: Stress Management: Practicum 2:  Administration of State Trait Anxiety Inventory	Lecture and Demonstra tion.	To know about the underlying theoretical constructs, be able to conduct the practicum and justify the method used, know about the test used and be able to explain the findings and link the findings with the theory.	Examinations and University

## 1<sup>st</sup> Semester Topic-wise Time Plan- Minor-1: Introduction to Psychology

Topics	Hours	Topics	Teaching	Learning	Assessment
_	allotted	(as per curriculum)	method	outcome	
				(output)	
1	2	MN-1: Introduction to	Lecture and	Understanding	Continuous
	(Th)	Psychology. Unit 1 (c) Need for	Discussion	the need for	Internal
		quantification in Psychology,		measurement	Assessment,
		Levels of Measurement:		and	Internal
		Nominal, Ordinal, Interval, Ratio		measurement	Examinations
				variables, their	and
				application in	University
				the field of	Examinations
				Psychology	•
2	7	MN-1: Introduction to	Lecture,	Knowledge of	Continuous
	(Th)	Psychology. Unit 2 (b):	Demons-	the definitions,	Internal
		Sensation and Perception:	tration, and	scope, and	Assessment,
		Introduction to	Discussion	nature of	Internal
		Psychophysics, Concept of		sensation,	Examinations
		sensory thresholds, Weber-		perception and	and
		Fechner Law, Classical Methods:		psychophysics	University

		Gradation, Constant		along with a	Examinations
		and average error.		general idea of	
				its various	
				laws, methods	
				and fields.	
3	15	MN-1: Introduction to	Lecture and	To provide an	Continuous
	(Pr)	Psychology. Unit 1: Introduction	Demonstration	understanding	Internal
		to Psychology:		about the	Assessment,
		Practicum		underlying	Internal
		(b) Reiz Limen (RL)		theoretical	Examinations
				constructs,	and
				be able to	University
				conduct the	Examinations
				practicum and	
				justify the	
				method used,	
				know about	
				the instrument	
				used and be	
				able to explain	
				the findings	
				and link the	
				findings with	
				the theory.	

### TIME PLAN July 2024-December 2024

Name of the teacher: NAYANIKA SAHA

Initials: NS

### **Teaching Objective:**

- To generate interest and love for the subject
- To provide guidance beyond textbooks
- To prepare students for higher education and practical application of their knowledge

### 1st Semester Topic-wise Time Plan- Major

Topics	Hours	Topics	Teaching	Learning	Assessment
	allotted	(as per curriculum)	method	outcome	
				(output)	
1	5	DSC: Introduction to	Lecture,	Knowledge of	
		Psychology. Unit 1: Introduction	Demonstration,	the definitions,	
		to Psychology:	and Discussion	scope, and	, , , , , , , , , , , , , , , , , , ,
		11.24.1.		nature of	
		Unit 1:		psychology	Examinations and
		(b) Brief Concepts of Schools of Psychology:		along with a general idea of	
		Behaviourism		its various	Examinations
		Benaviourism		methods and	Lammations
				fields.	
2	2	DSC: Introduction to	Lecture and	Gaining	Continuous
		Psychology.	Demonstration	knowledge	Internal
		Unit 2(c): Biological foundation		about the	Assessment,
		of behaviour:		basics of the	Internal
				transmission	Examinations
		Genetic basis, neuron, synapse		of information	and
		and neurotransmitter (Relevance		through the	University
		of studying biological		nervous	Examinations
		foundation in Behavioural		system	•
		science) Reception and transmission of			
		information (dendrites to			
		efferent neurons)			
		effective fleations)			
3		DSC: Introduction to			
		Psychology.			
		Unit 3(b): Concept, types, uses			
		and measures of Central			
		tendency and dispersion			

4		DSC: Introduction to		Understanding	Continuous
		Psychology		the application	Internal
				of statistics to	Assessment,
		Practicum: C) Computational		research data	Internal
		Techniques of the measures of		and its	Examinations
		Central Tendency and		interpretation.	and
		Dispersion			University
					Examination
4	10	SEC: Stress Management:	Hands-on	Understanding	Continuous
		Practicum 3:	Work	and learning	Internal
				the application	Assessment,
		Effect of Brief Relaxation on		of Jacobson's	Internal
		Perceived stress (pre and post		Progressive	Examinations
		design)		muscle	and
				relaxation	University
				technique	Examinations
					•

## 1st Semester Topic-wise Time Plan- Minor DSC: Introduction to Psychology

Topics	Hours	Topics	Teaching	Learning	Assessment
	allotted	(as per curriculum)	method	outcome	
				(output)	
1	5	DSC: Introduction to	Lecture,	Knowledge of	
		Psychology. Unit 1: Introduction	Demonstration,	the definitions,	Internal
		to Psychology:	and Discussion	scope, and	Assessment,
				nature of	
		Unit 1:		psychology	Examinations
		(b) Brief Concepts of Schools of		along with a	
		Psychology:		general idea of	
		Structuralism, Behaviourism and		its various	Examinations
		Gestalt		methods and	
				fields.	
2	2	DSC: Introduction to	Lecture and	Gaining	Continuous
		Psychology.	Demonstration	knowledge	Internal
		Unit 2(c): Biological foundation		about the	Assessment,
		of behaviour:		basics of the	Internal
				transmission	Examinations
		Genetic basis, neuron, synapse		of information	and
		and neurotransmitter (Relevance		through the	University
		of studying biological		nervous	Examinations
		foundation in Behavioural		system	•
		science)			
		Reception and transmission of			
		information (dendrites to			
		efferent neurons)			

3	DSC: Introduction to		
	Psychology.		
	Unit 3(b): Concept, types, uses		
	and measures of Central		
	tendency and dispersion		
4	DSC: Introduction to	Understanding Con	tinuous
	Psychology	the application   Inte	rnal
		of statistics to Ass	essment,
	Practicum: C) Computational	research data Inte	rnal
	Techniques of the measures of	and its Exa	minations
	Central Tendency and	interpretation. and	
	Dispersion	Uni	versity
		Exa	mination

## 1<sup>st</sup> Semester Topic-wise Time Plan- IDC Psychological Perspectives in Education

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome	Assessment
		, i		(output)	
1	15	Unit 2: International human resource management (IHRM)  The context of Globalization, Role of culture in IHRM, Dimensions of Cultural difference	Lecture, Demonstration, and Discussion	Knowledge of the concept of International HRM in the modern world	Internal Assessment, Internal Examinations and University
		(Hofsteade).			Examinations .
2	25	Practicum 1:	Lecture and Demonstration	Understanding the concept of	Continuous Internal
		Administration of Organizational Role Stress Scale		Role stress in the organisation, learning how to measure it, and linking it with the theoretical background	Internal Examinations and

#### TIME PLAN July 2024-December 2024

Name of the teacher: NEW TEACHER

**Initials:** NT

### **Teaching Objective:**

• To generate interest and love for the subject

• To provide guidance beyond textbooks

• To prepare students for higher education and practical application of their knowledge

### 1st Semester Topic-wise Time Plan-Major

Topics	Hours	Topics	Teaching	Learning	Assessment
	allotted	(as per curriculum)	method	outcome	
				(output)	
1	5	<b>DSC:</b> Introduction to	Lecture,	Knowledge of	Continuous
		Psychology. Unit 1:	Demonstration,	the definitions,	Internal
		Introduction to Psychology:	and Discussion	scope, and	Assessment,
				nature of	Internal
		Nature, definition, scope,		psychology	Examinations
		branches, methods(observation,		along with a	and
		experimentation, interview, field		general idea of	University
		study, correlation), fields		its various	Examinations
				methods and	
				fields.	
3	8	<b>DSC:</b> Introduction to	Lecture,	Understanding	Continuous
		Psychology: Practicum 1:	Demonstration	the concept of	Internal
			and Hands-on	fluctuation	Assessment,
		Fluctuation of Attention	Work	through	Internal
				experiment	Examinations
				and usage of	and
				instruments.	University
					Examinations
					•