

LORETO COLLEGE

TIME PLAN

August 2025-February 2026

Name of the teacher: DR. SAYANTANI CHATTERJEE

Initials: SC

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
DSC: Introduction to Psychology**

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	4	DSC: Introduction to Psychology Unit 1d: Variables and their classifications. Independent, Dependent and Controlling of Variables	Lecture and Discussion	Knowledge of the fundamentals of research methodology	Continuous Internal Assessment, Internal Examinations and University 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. Unit 3c: Normal Probability Curve: Properties and Application.	Lecture, Discussion and Demonstration	Understanding and learning to apply fundamental statistics	Continuous Internal Assessment, Internal Examinations and University Examinations
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.	Continuous Internal Assessment, Internal Examinations and University Examinations
4	15	SEC: Skill Enhancement	Lecture and	Gaining	Continuous

		Course Stress Management Unit 1: Stress: Introduction, Nature of Stress, Symptoms of Stress; Various Sources of Stress: Environmental, Social, Physiological and Psychological	Discussion	knowledge about different schools of thought	Internal Assessment, Internal Examinations and University Examination
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1st Semester Topic-wise Time Plan- IDC Psychological Perspectives in Education

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	8	IDC: Human Resource Management Unit 1a: Introduction to Human Resource Management (HRM): HRM and HRD, Context and Issues in HRM. Unit 1b: Human Resource Practices: Job Analysis; Recruitment and Selection; Training.	Lecture and Discussion	Learning the fundamentals of Human Resource Management as a subdiscipline of Organizational Behaviour.	Continuous Internal Assessment, Internal Examinations and University Examinations

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

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	4	DSC: Introduction to Psychology Unit 1d: Variables and their classifications. Independent, Dependent and Controlling of Variables	Lecture and Discussion	Knowledge of the fundamentals of research methodology	Continuous Internal Assessment, Internal Examinations and University Examinations
2	4	DSC: Introduction to Psychology Unit 3a: Processing of Data: Tabulation, Classification and Frequency Distribution of Data; Plotting of Graph: Polygon,	Lecture, Discussion and Demonstration	Understanding and learning to apply fundamental statistics	Continuous Internal Assessment, Internal Examinations and University

		Histogram and Ogive.			Examinations
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.	Continuous Internal Assessment, Internal Examinations and University Examination

LORETO COLLEGE
TIME PLAN
August 2025-February 2026

Name of the teacher: DR. DINAZ R. JEEJEEBHOY

Initials: DJ

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

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	7 (Th)	DSCC - 1: Introduction to Psychology. Unit I (c): Need for Quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval and Ratio	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of measurement and its scales.	Continuous Internal Assessment, Internal Examinations and University Examinations
2	7 (Th)	DSCC - 1: Introduction to Psychology. Unit II (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
4	15 (Pr)	DSCC I: Introduction to Psychology. Practicum (b) Reiz Limen (RL)	Lecture and Demonstration	To provide an understanding about the underlying theoretical constructs, be able to conduct the practicum and	Continuous Internal Assessment, Internal Examinations and University Examinations

				justify the method used, know about the instrument used and be able to explain the findings and link the findings with the theory.	.
5	15 (Th)	SEC: Stress Management: Unit 3: Managing Stress Problem focussed and Emotion focussed Approaches	Lecture and Demonstration.	Understanding the basics of what stress is and its symptoms and sources.	Continuous Internal Assessment, Internal Examinations and University Examinations
6	10 (Pr)	SEC: Stress Management: Practicum 2: Administration of State Trait Anxiety Inventory	Lecture and Demonstration.	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.	Continuous Internal Assessment, Internal Examinations and University Examinations

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

Topics	Hours allotted	Topics (as per curriculum)	Teaching method	Learning outcome (output)	Assessment
1	7 (Th)	MN - 1: Introduction to Psychology. Unit I (c):Need for Quantification in Psychology, Levels of Measurement: Nominal, Ordinal, Interval and Ratio	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of measurement and its scales.	Continuous Internal Assessment, Internal Examinations and University Examinations
2	7 (Th)	MN - 1: Introduction to Psychology. Unit II (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)	MN - I: Introduction to Psychology. Practicum (b) Reiz Limen (RL)	Lecture and Demonstration	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 and link the findings with the theory.	Continuous Internal Assessment, Internal Examinations and University Examinations .

LORETO COLLEGE

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

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	2	DSC: Introduction to Psychology. Unit 2(c): Biological foundation of behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of studying biological foundation in Behavioural science) Reception and transmission of information (dendrites to efferent neurons)	Lecture and Demonstration	Gaining knowledge about the basics of the transmission of information through the nervous system	Continuous Internal Assessment, Internal Examinations and University Examinations
2		DSC: Introduction to Psychology. Unit 3(b): Concept, types, uses and measures of Central tendency and dispersion		A theoretical and practical understanding of the concepts, need and uses of measures of central tendency and dispersion	Continuous Internal Assessment, Internal Examinations and University Examination
3		DSC: Introduction to Psychology Practicum: C) Computational Techniques of the measures of		Understanding the application of statistics to research data and its	Continuous Internal Assessment, Internal Examinations

		Central Tendency and Dispersion		interpretation.	and University Examination
4	10	SEC: Stress Management: Practicum 3: Effect of Brief Relaxation on Perceived stress (pre and post design)	Hands-on Work	Understanding and learning the application of Jacobson's Progressive muscle relaxation technique..	Continuous Internal Assessment, Internal Examinations and University Examinations .

1st 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	DSC: Introduction to Psychology. Unit 1: Introduction to Psychology: Unit 1: (b) Brief Concepts of Schools of Psychology: Behaviourism	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of psychology along with a general idea of its various methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations .
2	2	DSC: Introduction to Psychology. Unit 2(c): Biological foundation of behaviour: Genetic basis, neuron, synapse and neurotransmitter (Relevance of studying biological foundation in Behavioural science) Reception and transmission of information (dendrites to efferent neurons)	Lecture and Demonstration	Gaining knowledge about the basics of the transmission of information through the nervous system	Continuous Internal Assessment, Internal Examinations and University Examinations .
3		DSC: Introduction to Psychology. Unit 3(b): Concept, types, uses and measures of Central tendency and dispersion		A theoretical and practical understanding of the concepts, need	

				and uses of measures of central tendency and dispersion	
4		DSC: Introduction to Psychology Practicum: C) Computational Techniques of the measures of Central Tendency and Dispersion		Understanding the application of statistics to research data and its interpretation.	Continuous Internal Assessment, Internal Examinations and University Examination

1st Semester Topic-wise Time Plan- IDC Psychological Perspectives in Education

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

LORETO COLLEGE

TIME PLAN

August 2025-February 2026

Name of the teacher: SOMALI MUKHERJEE

Initials: SM

Teaching Objective:

- To generate interest and love for the subject
- To provide guidance beyond textbooks
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1st Semester Topic-wise Time Plan- Major

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	4	<u>DSCC 1: Introduction to Psychology</u> Unit 2: b) Behaviorism	Lecture, Demonstration, and Discussion	Knowledge of the definitions, scope, and nature of psychology along with a general idea of its various methods and fields.	Continuous Internal Assessment, Internal Examinations and University Examinations.
2	15	SEC: Stress Management Unit 3: Managing Stress Methods: Yoga, Meditation, Relaxation techniques.	Lecture and Demonstration. Experiential learning	Understanding various methods of managing and coping with stress	Continuous Internal Assessment, Internal Examinations and University Examinations.

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

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	10	Practicum (b): Reiz limen	Lecture and Demonstration. Experiential learning	Preliminary understanding of the Weber-Fechner Law and a portion of psychophysics	Continuous Internal Assessment, Internal Examinations and University

					Examinations
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LORETO COLLEGE

TIME PLAN August 2025-February 2026

Name of the teacher: MONALISA HALDAR

Initials: MH

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

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	5	DSCC - 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, nature, and scope of psychology, as well as insight into key methods used in psychological research.	Continuous Internal Assessment, Internal Examinations and University Examinations .

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

<i>Topics</i>	<i>Hours allotted</i>	<i>Topics (as per curriculum)</i>	<i>Teaching method</i>	<i>Learning outcome (output)</i>	<i>Assessment</i>
1	9	MN - 1: Introduction to Psychology. Unit 1: (a) Introduction: Nature, definition, scope and branches of Psychology,	Lecture, Demonstration, and Discussion	Knowledge about the history, nature, and scope of psychology, as well as insight	Continuous Internal Assessment, Internal Examinations and University

		<p>Methods: Observation, Experimentation, Interview, Field Study, Correlational Method</p> <p>(b) Brief Concepts of Schools of Psychology: Structuralism, Gestalt</p>		<p>into key methods used in psychological research and early schools of thought such as Structuralism, functionalism and Gestalt psychology.</p>	Examinations .
2	5	<p>MN - 1: Introduction to Psychology.</p> <p>Unit 3:</p> <p>(c) Normal Probability Curve: Properties & Application</p>	Lecture, Demonstration, and Discussion	<p>Knowledge of the concept and properties of the Normal Probability Curve, along with its application in psychological research.</p>	Continuous Internal Assessment, Internal Examinations and University Examinations .